The Boston Cooking-School Cook Book

Fannie Merritt Farmer

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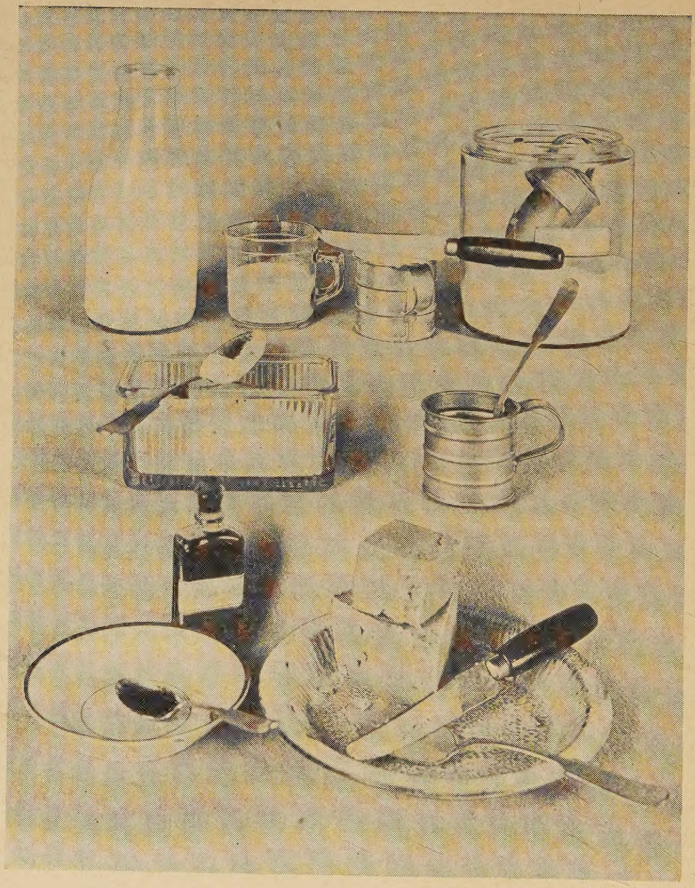
THE BOSTON COOKING-SCHOOL COOK BOOK

By Fannie Merritt Farmer

THE BOSTON COOKING-SCHOOL COOK BOOK

FOOD AND COOKERY FOR THE SICK AND CONVALESCENT

CHAFING-DISH POSSIBILITIES



How to Measure: — *Frontispiece.* *See Page 22.*

THE

BOSTON COOKING-SCHOOL

COOK BOOK

BY

FANNIE MERRITT FARMER

NEW EDITION, REVISED AND ENLARGED

WITH 122 HALF-TONE ILLUSTRATIONS

BOSTON
LITTLE, BROWN, AND COMPANY
1926

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To

MRS. WILLIAM B. SEWALL

IN APPRECIATION OF HER HELPFUL ENCOURAGEMENT
AND UNTIRING EFFORTS IN PROMOTING THE
WORK OF SCIENTIFIC COOKERY

THIS BOOK IS AFFECTIONATELY DEDICATED
BY THE AUTHOR

Cookery means the knowledge of Medea and of Circe and of Helen and of the Queen of Sheba. It means the knowledge of all herbs and fruits and balms and spices, and all that is healing and sweet in the fields and groves and savory in meats. It means carefulness and inventiveness and willingness and readiness of appliances. It means the economy of your grandmothers and the science of the modern chemist; it means much testing and no wasting; it means English thoroughness and French art and Arabian hospitality; and, in fine, it means that you are to be perfectly and always ladies — loaf givers. — RUSKIN.

PREFACE TO THE NEW EDITION

It is now twenty-seven years since "The Boston Cooking-School Cook Book" was first published. Since that time it has been frequently revised and a large number of new recipes have been added, first in the form of an appendix and addenda, later incorporated in logical order throughout the volume. Meantime, in 1912, Miss Farmer published an entirely new work, "A New Book of Cookery", which was in no sense a substitute for the earlier one, but rather a sequel.

When the present revision of the larger work was undertaken, it was considered desirable to include in it most of the recipes heretofore found in "A New Book of Cookery", as well as a number of new recipes. "The Boston Cooking-School Cook Book" is now, therefore, a larger and a longer book than formerly, entirely reset from new type, thoroughly revised, and containing more than six hundred recipes not found in previous editions. A book long recognized as the standard authority on the art of cookery, its value has been considerably increased, it is hoped, by bringing together, between its covers, practically all of Miss Farmer's recipes.

C. D. P.

Boston, July, 1923.

PREFACE TO THE FIRST EDITION

"But for life the universe were nothing; and all that has life requires nourishment."

With the progress of knowledge the needs of the human body have not been forgotten. During the last decade much time has been given by scientists to the study of foods and their dietetic value, and it is a subject which rightfully should demand much consideration from all. I certainly feel that the time is not far distant when a knowledge of the principles of diet will be an essential part of one's education. Then mankind will eat to live, will be able to do better mental and physical work, and disease will be less frequent.

At the earnest solicitation of educators, pupils, and friends, I have been urged to prepare this book, and I trust it may be a help to many who need its aid. It is my wish that it may not only be looked upon as a compilation of tried and tested recipes, but that it may awaken an interest through its condensed scientific knowledge which will lead to deeper thought and broader study of what to eat.

F. M. F.

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THE BOSTON COOKING-SCHOOL COOK BOOK

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CHAPTER I

FOOD

FOOD is anything which nourishes the body. From fifteen to twenty elements enter into the composition of the body, of which the following thirteen are considered: oxygen, 62½%; carbon, 21½%; hydrogen, 10%; nitrogen, 3%; calcium, phosphorus, potassium, sulphur, chlorine, sodium, magnesium, iron, and fluorine the remaining 3%.

Food is necessary for growth, repair, and energy; therefore the elements composing the body must be found in the food. The thirteen elements named are formed into chemical compounds by the vegetable and animal kingdoms to support the highest order of being, man. All food must undergo chemical change after being taken into the body, before it can be utilized by the body; this is the office of the digestive system.

Food is classified as follows: —

1. Proteins (nitrogenous or albuminous)
2. Carbohydrates (sugar and starch)
3. Fats and oils
4. Mineral matter
5. Water

The chief office of proteins is to build and repair tissues. They furnish energy, but at greater cost than carbohydrates, fats, and oils. They contain nitrogen, carbon, oxygen, hydrogen, and sulphur or

phosphorus, and include all forms of animal foods (excepting fats and glycogen) and some vegetable foods. Examples: milk, cheese, eggs, meat, fish, cereals, peas, beans, and lentils. The principal constituent of protein food is albumen. Albumen as found in food takes different names, but has the same chemical composition; as, *albumen* in eggs, *fibrin* in meat, *casein* in milk and cheese, *vegetable casein* or *legumen* in peas, beans, and lentils; and *gluten* in wheat. To this same class belongs gelatin.

The chief office of the carbohydrates is to furnish energy and maintain heat. They contain carbon, hydrogen, and oxygen, and include foods containing starch and sugar. Examples: vegetables, fruits, cereals, sugars, and gums.

The chief office of fats and oils is to furnish energy and heat. Examples: butter, cream, fat of meat, fish, cereals, nuts, and the berry of the olive-tree. Fats and carbohydrates are stored as the adipose tissues of the body.

The chief office of mineral matter is to furnish the necessary salts which are found in all animal and vegetable foods. Examples: sodium chloride (common salt); carbonates, sulphates and phosphates of sodium, potassium, and magnesium; besides calcium phosphates and iron.

Water constitutes about two-thirds the weight of the body, and is in all tissues and fluids; therefore its abundant use is necessary. One of the greatest errors in diet is neglect to take enough water; while it is found in all animal and vegetable food, the amount is insufficient.

Scientific research is seeking out those elements necessary to human nutrition and has already determined that "accessory food factors", known as vitamines, are essential in addition to the five food classes considered sufficient.

The three main classes of vitamines, each with a distinct function, are

1. Fat soluble, *A*, found in butter, cod-liver oil, egg yolks, milk, spinach, cabbage, lettuce, etc.
2. Water soluble, *B*, found in eggs, meat, milk, seeds, grains, vegetables, oranges, lemons, grape fruit, nuts, etc.
3. Vitamine, *C*, found in tomatoes, turnips, potatoes, green vegetables, oranges, lemons, grape fruit, milk, etc.

Certain foods contain more than one class of vitamines.

CORRECT PROPORTIONS OF FOOD

Age, weight, sex, occupation, climate, and season must determine the diet of a person in normal condition.

Liquid food (milk or milk in preparation with the various prepared foods on the market) should constitute the diet of a child for the first eighteen months. After the teeth appear, by which time ferments have been developed for the digestion of starchy foods, entire wheat bread, baked potatoes, cereals, meat broths, and occasionally boiled eggs may be given. If mothers would use Dr. Johnson's Educators in place of the various sweet crackers, children would be as well pleased and better nourished; with a glass of milk they form a supper suited to the needs of little ones, and experience has shown that children seldom tire of them. The diet should be gradually increased by the addition of cooked fruits, vegetables, and simple desserts; the third or fourth year fish and meat may be introduced, if given sparingly. Always avoid salted meats, coarse vegetables (beets, carrots, and turnips), cheese, fried food, pastry, rich desserts, confections, condiments, tea, coffee, and iced water. For school children the diet should be varied and abundant, constantly bearing in mind that this is a period of great mental and physical growth. Where children have broken down, supposedly from over-work, the cause has often been traced to impoverished diet. It must not be forgotten that digestive processes go on so rapidly that the stomach is soon emptied. Thanks to the institutor of the school luncheon-counter!

The daily average ration of an adult requires

4½ ozs. protein	18 ozs. starch
2 ozs. fat	5 pints water

About one-third of the water is taken in our food, the remainder as a beverage. Too much emphasis cannot be laid on the importance of a sufficient quantity of milk, fruit, and green vegetables in the diet. From one to two pints of milk should be allowed daily for each person and two pounds of fruit and vegetables. To keep in health and do the best mental and physical work, authorities agree that a mixed diet is suited for temperate climates. Women, even though they do the same amount of work as men, as a rule require less food. Brain workers should take their protein in a form easily digested. In consideration of this fact, fish and eggs form desirable substitutes for meat.

The working man needs quantity as well as quality, that the stomach may have something to act upon. Corned beef, cabbage, brown-bread, and pastry will not overtax his digestion. In old age the digestive organs lessen in activity, and the diet should be almost as simple as that of a child, increasing the amount of carbohydrates and decreasing the amount of proteins and fat. Many diseases which occur after middle life are due to eating and drinking such foods as were indulged in during vigorous manhood.

WATER (H_2O)

Water is a transparent, odorless, tasteless liquid. It is derived from five sources, — rains, rivers, surface-water or shallow wells, deep wells, and springs. Water is never found pure in nature; it is nearly pure when gathered in an open field, after a heavy rainfall, or from springs. For town and city supply, surface-water is furnished by some adjacent pond or lake. Samples of such water are carefully and frequently analyzed, to make sure that it is not polluted with disease germs.

The hardness of water depends upon the amount of salts of lime and magnesia which it contains. Soft water is free from objectionable salts, and is preferable for household purposes. Hard water may be softened by boiling, or by the addition of a small amount of bicarbonate of soda ($NaHCO_3$).

Water freezes at a temperature of 32° F., boils at 212° F.; when bubbles appear on the surface and burst, the boiling-point is reached. In high altitudes water boils at a lower temperature. From 32° to 65° F. water is termed cold; from 65° to 92° F., tepid; 92° to 100° F., warm; over that temperature, hot. Boiled water is freed from all organic impurities, and salts of lime are precipitated; it does not ferment, and is a valuable antiseptic. Hot water is more stimulating than cold, and is of use taken on an empty stomach, while at a temperature of from 60° to 95° F. it is used as an emetic, 90° F. being the most favorable temperature.

Distilled water is chemically pure and is always used for medicinal purposes. It is flat and insipid to the taste, having been deprived of its atmospheric gases.

There are many charged, carbonated, and mineral spring waters bottled and put on the market; many of these are used as agreeable

table beverages. Examples: Soda Water, Apollinaris, Poland, Seltzer, and Vichy. Some contain minerals of medicinal value. Examples: Lithia, saline, and sulphur waters.

SALTS

Of all salts found in the body, the most abundant and valuable is sodium chloride (NaCl), common salt; it exists in all tissues, secretions, and fluids of the body, with the exception of enamel of the teeth. The amount found in food is not always sufficient; therefore salt is used as a condiment. It assists digestion, inasmuch as it furnishes chlorine for hydrochloric acid found in gastric juice.

Common salt is obtained from evaporation of spring and sea water, also from mines. Our supply of salt obtained by evaporation comes chiefly from Michigan and New York; mined salt from Louisiana and Kansas.

Salt is a great preservative; advantage is taken of this in salting meat and fish.

Other salts — lime, phosphorus, magnesia, potash, sulphur, and iron — are probably obtained in sufficient quantity from food we eat and water we drink. In young children, perfect formation of bones and teeth depends upon phosphorus and lime taken into the system; these are found in milk, green vegetables, fruit, cereals, meat, and fish.

STARCH ($C_6H_{10}O_5$)

Starch is a white, glistening powder; it is largely distributed throughout the vegetable kingdom, being found most abundantly in cereals and potatoes. Being a force-producer and heat-giver it forms one of the most important foods. Alone it cannot sustain life, but must be taken in combination with foods which build and repair tissues.

Test for Starch. A weak solution of iodine added to cold cooked starch gives an intense blue color.

Starch is insoluble in cold water, and soluble to but a small extent in boiling water. Cold water separates starch-grains, boiling water causes them to swell and burst, thus forming a paste.

Starch subjected to dry heat is changed to *dextrine* ($C_6H_{10}O_5$), British gum. Dextrine subjected to heat plus an acid or a ferment is changed to *dextrose* ($C_6H_{12}O_6$). Dextrose occurs in ripe fruit, honey,

sweet wine, and as a manufactured product. When grain is allowed to germinate for malting purposes, starch is changed to dextrine and dextrose. In fermentation, dextrose is changed to alcohol (C_2H_5OH) and carbon dioxide (CO_2). Examples: bread making, vinegar, and distilled liquors.

Glycogen, animal starch, is found in many animal tissues and in some fungi. Examples: in liver of meat and oysters.

Raw starch is not digestible; consequently all foods containing starch should be subjected to boiling water or dry heat, and thoroughly cooked. Starch is manufactured from wheat, corn, and potatoes. **Cornstarch** is manufactured from Indian corn. **Arrowroot**, the purest form of starch, is obtained from two or three species of the Maranta plant, which grows in the West Indies and other tropical countries. Bermuda arrowroot is most highly esteemed. **Tapioca** is starch obtained from tuberous roots of the cassava, native of South America. **Sago** is starch obtained from sago palms, native of India.

SUGAR ($C_{12}H_{22}O_{11}$)

Sugar is a crystalline substance, differing from starch by its sweet taste and solubility in cold water. As food, its uses are the same as starch; all starch must be converted into sugar before it can be assimilated.

The principal kinds of sugar are: cane sugar or *sucrose*, grape sugar or *glucose* ($C_6H_{12}O_6$), milk sugar or *lactose* ($C_{12}H_{22}O_{11}$), and fruit sugar or *levulose* ($C_6H_{12}O_6$).

Cane sugar is obtained from sugar cane, beets, and the palm and sugar-maple trees. Sugar cane is a grass supposed to be native to Southern Asia, but now grown throughout the tropics, a large amount coming from Cuba and Louisiana; it is the commonest of all, and in all cases the manufacture is essentially the same. The products of manufacture are: molasses, syrup, brown sugar, loaf, cut, granulated, powdered, and confectioners' sugar. Brown sugar is cheapest, but is not so pure or sweet as white grades; powdered and confectioners' sugars are fine grades, pulverized, and, although seeming less sweet to the taste, are equally pure. Confectioners' sugar when applied to the tongue will dissolve at once; powdered sugar is a little granular.

Cane sugar when added to fruits, and allowed to cook for some time, changes to grape sugar, losing one-third of its sweetness; therefore the reason for adding it when fruit is nearly cooked. Cane

sugar is of great preservative value, hence its use in preserving fruits and milk; also, for the preparation of syrups.

Three changes take place in the cooking of sugar: first, barley sugar; second, caramel; third, carbon.

Grape sugar is found in honey and all sweet fruits. It appears on the outside of dried fruits, such as raisins, dates, etc., and is only two-thirds as sweet as cane sugar. As a manufactured product it is obtained from the starch of corn.

Milk sugar is obtained from the milk of mammalia, but unlike cane sugar does not ferment.

Fruit sugar is obtained from sweet fruits, and is sold as *diabetin*, is sweeter than cane sugar, and is principally used by diabetic patients.

GUM, PECTOSE, AND CELLULOSE

These compounds found in food are closely allied to the carbohydrates, but are neither starchy, saccharine, nor oily. Gum exists in the juices of almost all plants, coming from the stems, branches, and fruits. Examples: gum arabic, gum tragacanth, and mucilage. Pectose exists in the fleshy pulp of unripe fruit; during the process of ripening it changes to pectin; by cooking, pectin is changed to pectosic acid, and by longer cooking to pectic acid. Pectosic acid is jelly-like when cold; pectic acid is jelly-like when hot or cold. Cellulose constitutes the cell-walls of vegetable life; in very young vegetables it is possible that it can be acted upon by the digestive ferments; in older vegetables it becomes woody and completely indigestible. The cellulose of fruits, vegetables, and whole grains is of great service in the elimination of waste matter, thus preventing constipation.

FATS AND OILS

Fats and oils are found in both the animal and vegetable kingdom. Fats are solid; oils are liquid; they may be converted into a liquid state by application of heat; they contain three substances, — *stearin* (solid), *olein* (liquid), *palmitin* (semi-solid). Suet is an example where stearin is found in excess; lard, where olein is in excess; and butter, where palmitin is in excess. Margarin is a mixture of stearin and palmitin. The fatty acids are formed of stearin, olein, and palmitin, with glycerine as the base. Examples: stearic, palmitic, and oleic acid. Butyric acid is acid found in butter. These are not

sour to the taste, but are called acids on account of their chemical composition.

Among fats cream and butter are of first importance as foods, on account of their easy assimilation. Other examples are: the fat of meats, bone-marrow, suet (the best found around the loin and kidneys of the beef creature), cocoanut butter, and margarine. The principal animal oils are cod-liver oil and oil found in the yolk of egg; principal vegetable oils are olive, cottonseed, poppy, and cocoanut oils, peanut oil, and oils in various nuts. Margarine, which must be labelled as such, if of good quality is a nutritious, inexpensive fat to be used in place of creamery butter. Among other fats used for cooking purposes, lard is the most popular.

Oils are divided into two classes, *essential* and *fixed.* Essential oils are volatile and soluble in alcohol. Examples: clove, rose, nutmeg, and violet. Fixed oils are non-volatile and soluble in ether, oil, or turpentine. Examples: cottonseed, peanut, and corn oil.

Fats may be heated to a high temperature; as considered in cookery they have no boiling-point. When appearing to boil, it is evident water has been added, and the temperature lowered to that of boiling water, 212° F.

MILK

COMPOSITION

Protein, 3.5%
Fat, 4%
Mineral matter, .75%
Water, 87 %
Lactose, 4.75%

Boston Chemist

The value of milk as a food is obvious from the fact that it constitutes the natural food of all young mammalia during the period of their most rapid growth. Milk should constitute the principal protein food of children. It is rich in calcium (which is necessary for the building of bones) and vitamines (growth-promoting substances). Adults as well as children should be furnished a liberal milk supply. A quart for each child and a pint for each adult, daily, is a desirable allowance. Hot milk is often given to produce sleep.

When milk is allowed to stand for a few hours, the globules of fat, which have been held in suspension throughout the liquid, rise to the top in the form of *cream;* this is due to their lower specific gravity.

The difference in quality of milk depends chiefly on the quantity of fat therein: casein, lactose, and mineral matter being nearly constant, water varying but little unless milk is adulterated.

Why Milk Sours. A germ found floating in the air attacks a portion of the lactose in the milk, converting it into lactic acid; this, in turn, acts upon the casein (protein) and precipitates it, producing what is known as *curd* and *whey*. Whey contains water, salts, and some sugar.

Milk is preserved by sterilization, pasteurization, and evaporation. *Fresh condensed milk*, a form of evaporized milk, is sometimes sold in bulk, and is preferred by many to serve with coffee. Various brands of condensed milk and cream are on the market in tin cans, hermetically sealed. *Malted milk* — evaporized milk in combination with extracts of malted barley and wheat — is used to a considerable extent; it is sold in the form of powder.

Devonshire, or clotted cream, is cream which has been removed from milk allowed to heat slowly to a temperature of about 150° F.

In feeding infants with milk, sterilization or pasteurization is recommended only to avoid danger of infectious germs. By this process milk can be kept for many days, and transported if necessary. To prevent acidity of the stomach, add from one to two teaspoonfuls of lime water to each half-pint of milk. Lime water may be bought at any druggist's, or easily prepared at home.

BUTTER

COMPOSITION

Fat, 83%	Ash, 3%
Water, 13%	Protein, 1%

U. S. Dept. Agriculture

Butter of commerce is made from cream of cow's milk. The quality depends upon the breed of cow, manner of, and care in, feeding. Milk from Jersey and Guernsey cows yields the largest amount of butter.

Butter should be kept in a cool place and well covered, otherwise it is liable to become rancid; this is due to the albuminous constituents of the milk, acting as a ferment, setting free the fatty acids. First-quality butter should be used; this does not include pat butter or fancy grades. Poor butter has not been as thoroughly worked during manufacture, consequently more casein remains; therefore it is more apt to become rancid. Fresh butter spoils quickly; salt acts as a preservative.

When butter cannot be afforded, there are several products on the market which have the same chemical composition as butter, and are equally wholesome. Examples: butterine and margarine.

Buttermilk is liquid remaining after butter "has come." When taken fresh, it makes a wholesome beverage.

CHEESE

COMPOSITION

Protein, 31.23%	Water, 30.17%
Fat, 34.29%	Mineral matter, 4.31%

Cheese is the solid part of sweet milk obtained by heating milk and coagulating it by means of rennet or an acid. Rennet is an infusion made from prepared inner membrane of the fourth stomach of the calf. The curd is salted and subjected to pressure. Cheese is made from skim milk, milk plus cream, or cream. Cheese is kept for a longer or shorter time, according to the kind, that fermentation or decomposition may take place. This is called ripening. Some cream cheeses are not allowed to ripen. Milk from Jersey and Guernsey cows yields the largest amount of cheese.

Cheese is very valuable food; being rich in protein, it may be used as a substitute for meat. A pound of cheese is equal in protein to two pounds of beef.

The various brands of cheese take their names from the places where made. Many foreign ones are now well imitated in this country. The favorite kinds of skim-milk cheese are: Edam, Gruyère, and Parmesan. Parmesan is very hard and used principally for grating. The holes in Gruyère are due to aëration.

The favorite kinds of milk cheese are: Gloucester, Cheshire, Cheddar, and Gorgonzola; Milk and Cream cheese: Stilton and Double Gloucester; Cream cheese: Brie, Neufchâtel, and Camembert.

FRUITS

The varieties of fruits consumed are numerous, and their use important. They are chiefly valuable for their sugar, acids, and salts, and are cooling, refreshing, and stimulating. They act as a tonic, and assist in purifying the blood. Many contain a jelly-like substance, called pectin, and several contain starch, which during the ripening process is converted into glucose. Bananas, dates, figs, prunes, and grapes, owing to their large amount of sugar, are the most nutritious. Melons, oranges, lemons, and grapes contain the largest amount of

water. Apples, lemons, and oranges are valuable for their potash salts, and oranges and lemons especially valuable for their citric acid. It is of importance to those who are obliged to exclude much sugar from their dietary, to know that plums, peaches, apricots, and raspberries have less sugar than other fruits; apples, sweet cherries, grapes, and pears contain the largest amount.

Thoroughly ripe fruits should be freely indulged in. Fruits should always appear on the breakfast-table. In cases where uncooked fruit cannot be freely eaten, many kinds may be cooked and prove valuable. Never eat unripe fruit, or that which is beginning to decay. Fruits should be wiped or rinsed before serving.

VEGETABLE ACIDS, AND WHERE FOUND

The principal vegetable acids are:

I. Acetic ($HC_3H_3O_2$), found in wine and vinegar.

II. Tartaric ($H_2C_4H_4O_6$), found in grapes, pineapples, and tamarinds.

III. Malic, much like tartaric, found in apples, pears, peaches, apricots, gooseberries, and currants.

IV. Citric ($H_3C_6H_5O_7$), found in lemons, oranges, limes, and citron.

V. Oxalic ($H_2C_2O_4$), found in rhubarb and sorrel.

To these may be added tannic acid, obtained from gall nuts. Some fruits contain two or more acids. Malic and citric are found in strawberries, raspberries, gooseberries, and cherries; malic, citric, and oxalic in cranberries.

CONDIMENTS

Condiments are not classed among foods, but are known as food adjuncts. They are used to stimulate the appetite by adding flavor to food. Among the most important are salt, spices, and various flavorings. Salt, according to some authorities, is called a food, being necessary to life.

Black pepper is ground peppercorns. Peppercorns are the dried berries of *Pipor nigrum*, grown in the West Indies, Sumatra, and other eastern countries.

White pepper is made from the same berry, the outer husk being removed before grinding.

Cayenne pepper is the powdered pod of *Capsicum* grown on the eastern coast of Africa and in Zanzibar.

Mustard is the ground seed of two species of the Brassica. *Brassica alba* yields white mustard seeds; *Brassica nigra*, black mustard seeds. Both species are grown in Europe and America.

Ginger is the pulverized dried root of *Zanzibar officinale*, grown in Jamaica, China, and India. Commercially speaking, there are three grades, — Jamaica, best and strongest; Cochin, and African.

Cinnamon is the ground inner bark of *Cinnamomum zeylanicum*, principally grown in Ceylon. The cinnamon of commerce (cassia) is the powdered bark of different species of the same shrub, which is principally grown in China, and called Chinese cinnamon.

Clove is the ground flower buds of *Caryophyllus aromaticus*, native to the Moluccas or Spice Islands, but now grown principally in Zanzibar, Pemba, and the West Indies.

Pimento (commonly called allspice) is the ground fruit of *Eugenia pimenta*, grown in Jamaica and the West Indies.

Nutmeg is the kernel of the fruit of the *Myristica fragrans*, grown in Banda Islands.

Mace. The fibrous network which envelops the nutmeg seed constitutes the mace of commerce.

Vinegar is made from apple cider, malt, and wine, and is the product of fermentation. It is a great preservative; hence its use in the making of pickles, sauces, and other condiments.

Capers are flower buds of *Capparis spinosa*, grown in countries bordering the Mediterranean. They are preserved in vinegar, and bottled for exportation.

Horse-radish is the root of *Cochliaria armoracia*, — a plant native to Europe, but now grown in our own country. It is generally grated, mixed with vinegar, and bottled.

FLAVORING EXTRACTS

Many flavoring extracts are on the market. Examples: almond, vanilla, lemon, orange, peach, rose, etc. These are made from the flower, fruit, or seed from which they are named. Strawberry, pineapple, and banana extracts are obtained from the fruits themselves or manufactured from chemicals.

CHAPTER II

COOKERY

COOKERY is the art of preparing food for the nourishment of the body.

Prehistoric man may have lived on uncooked foods, but there are no savage races to-day who do not practise cookery in some way, however crude. Progress in civilization has been accompanied by progress in cookery.

Much time has been given in the last few years to the study of foods, their necessary proportions, and manner of cooking them. Educators have been shown by scientists that this knowledge should be disseminated; as a result "Cookery" is found in the curriculum of public schools of many of our towns and cities.

Food is cooked to develop new flavors, to make it more palatable and digestible, and to destroy micro-organisms. For cooking there are three essentials (besides the material to be cooked), — heat, air, and moisture.

Air is composed of oxygen, nitrogen, and argon, and surrounds everything. Combustion cannot take place without it, the oxygen of the air being the only supporter of combustion.

Moisture, in the form of water, is either found in the food or added to it.

The combined effect of heat and moisture swells and bursts starch-grains; hardens albumen in eggs, fish, and meat; softens fibrous portions of meat, and cellulose of vegetables.

Heat is molecular motion, and is produced by combustion. Heat is generated for cookery by employing kerosene oil, wood, coal, charcoal, coke, gas, alcohol, or electricity.

Among fuels, kerosene oil is the cheapest; gas and electricity give the greatest amount of heat in the shortest time. *Soft wood*, like pine, on account of its coarse fibre, burns quickly; therefore makes

the best kindling. *Hard wood,* like oak and ash, having the fibres closely packed, burns slowly, and is used in addition to pine wood for kindling coal. Where only wood is used as a fuel hard wood is best.

Charcoal for fuel is produced by the smothered combustion of wood. It gives an intense, even heat, therefore makes a good broiling fire. Its use for kindling is not infrequent.

There are two kinds of coal: *Anthracite,* or *hard coal.* Examples: hard and free-burning White Ash, Shamokin, and Franklin. Nut is any kind of hard coal obtained from screenings. *Bituminous,* or *soft coal.* Example: cannel coal.

Coke is the solid product of carbonized coal, and bears the same relation to coal that charcoal bears to wood.

Alcohol is employed often as fuel when the chafing-dish is used.

FIRE

Fire for cookery is confined in a stove or range, so that heat may be utilized and regulated. Flame-heat is obtained from kerosene, gas, or alcohol, as used in oil-stoves, gas-stoves or gas-ranges, and chafing-dishes.

A coal-range is a large iron box set on legs. It has a fire-box in the front, the sides of which are lined with fire-proof material similar to that of which bricks are made. The bottom is furnished with a movable iron grate. Underneath the fire-box is a space which extends from the grate to a pan for receiving ashes. At the back of fire-box is a compartment called the oven, accessible by a door. Between the oven and the top of the stove is a space for the circulation of air.

Ranges are connected with chimney-flues by means of a stovepipe, and have dampers to regulate the supply of air and heat, and as an outlet for smoke and gases.

The damper below the fire-box is known as the *front damper,* by means of which the air supply is regulated, thus regulating the heat. The oven is heated by a circulation of hot air. This is accomplished by closing the *oven-damper,* which is situated near the oven. When this damper is left open, the hot air rushes up the chimney. The damper near the chimney is known as the *chimney-damper.* When open it gives a free outlet for the escape of smoke and gas. When partially closed, as is usually the case in most ranges, except when the

fire is started, it serves as a saver of heat. There is also a *check*, which, when open, cools the fire and saves heat, but should always be closed except when used for this purpose.

A gas range is used wherever gas is available. Ranges are made with heat regulators, insulated ovens, and fireless cooker hoods. With the heat regulators temperature may be maintained at any desired points and food be perfectly baked with little or no watching.

An electric range is desirable when gas is not available, electricity is inexpensive, or cost need not be considered.

A fireless cooker has many devotees. It is especially adapted to use in conjunction with a gas range for foods that require long, slow cooking.

A pressure cooker is invaluable at high altitudes. The contents of the kettle is raised to a temperature above the boiling-point, thus reducing the time ordinarily required for cooking foods that can be boiled or roasted.

WAYS OF COOKING

The principal ways of cooking are boiling, broiling, stewing, roasting, baking, frying, sautéing, braising, and fricasseeing.

Boiling is cooking in boiling water. Solid food so cooked is called boiled food, though literally this expression is incorrect. Examples: boiled eggs, potatoes, mutton, etc.

Water boils at 212° F. (sea level), and simmers at 185° F. Slowly boiling water has the same temperature as rapidly boiling water, consequently is able to do the same work, — a fact often forgotten by the cook, who is too apt to "wood" the fire that water may boil vigorously.

Watery vapor and steam pass off from boiling water. Steam is invisible; watery vapor is visible, and is often miscalled steam. Cooking utensils commonly used permit the escape of watery vapor and steam; thereby much heat is lost if food is cooked in rapidly boiling water.

Water is boiled for two purposes: first, cooking of itself to destroy organic impurities; second, for cooking foods. Boiling water toughens and hardens albumen in eggs; toughens fibrin and dissolves tissues in meat; bursts starch-grains and softens cellulose in cereals and vegetables. Milk should never be allowed to boil. At boiling temperature (214° F.) the casein is slightly hardened, and the fat is rendered more

difficult of digestion. Milk heated over boiling water, as in a double boiler, is called *scalded milk*, and reaches a temperature of 196° F. When foods are cooked over hot water the process is called steaming.

Stewing is cooking in a small amount of hot water for a long time at low temperature; it is the most economical way of cooking meats, as all nutriment is retained, and the ordinary way of cooking cheaper cuts. Thus fibre and connective tissues are softened, and the whole is made tender and palatable.

Broiling is cooking over or in front of a clear fire. The food to be cooked is usually placed in a greased broiler or on a gridiron held near the coals, turned often at first to sear the outside, — thus preventing escape of inner juices, — afterwards turned occasionally. Tender meats and fish may be cooked in this way. The flavor obtained by broiling is particularly fine; there is, however, a greater loss of weight in this than in any other way of cooking, as the food thus cooked is exposed to free circulation of air. When coal is not used, or a fire is not in condition for broiling, a plan for *pan broiling* has been adopted. This is done by placing food to be cooked in a hissing-hot frying pan, turning often as in broiling.

Roasting is cooking before a clear fire, with a reflector to concentrate the heat. Heat is applied in the same way as for broiling, the difference being that the meat for roasting is placed on a spit and allowed to revolve, thicker pieces always being employed. Tin-kitchens are now but seldom used. Meats cooked in a range oven, though really baked, are said to be roasted. Meats so cooked are pleasing to the sight and agreeable to the palate, although, according to Edward Atkinson, not so easily digested as when cooked at a lower temperature in the Aladdin oven.

Baking is cooking in an oven.

Rules for Baking in Gas Oven

Hot oven requires 2 burners lighted.

Moderate oven requires 2 burners, halfway on.

Slow oven requires 1 burner halfway on.

For Roasting Meat. Light both burners ten minutes before putting meat in oven.

For Baking Loaf Bread. Light both burners five minutes. Put loaves on upper shelf. After ten minutes turn off back burner and turn front burner down one-fourth. Gradually reduce heat until it is

only one-third on. Turn light entirely off five minutes before bread is done.

Small loaves bake in forty minutes.

Large loaves bake in sixty minutes.

For Biscuits and Popovers. Light both burners seven minutes before using.

For Cake (in loaves). Light both burners ten minutes, put cake on upper shelf, and shut off both burners for ten minutes. Light front burner and reduce heat as found necessary.

Frying is cooking by means of immersion in deep fat raised to a temperature of 350° to 400° F. For frying purposes olive oil, lard, beef drippings, cottonseed, peanut and corn oils, and cocoanut butter are used. A combination of two-thirds lard and one-third beef suet (tried out and clarified) is better than lard alone. The vegetable oils are economical, inasmuch as they may be heated to a high temperature without discoloring, therefore may be used for a larger number of fryings. Cod fat obtained from beef is often used by *chefs* for frying.

Grease the frying basket before beginning to fry by dipping in fat.

Great care should be taken in frying that fat is of the right temperature; otherwise food so cooked will absorb fat.

Nearly all foods which do not contain eggs are dipped in flour or crumbs, egg, and crumbs, before frying. The intense heat of fat hardens the albumen, thus forming a coating which prevents food from "soaking fat."

When meat or fish is to be fried, it should be kept in a warm room for some time previous to cooking, and wiped as dry as possible. If cold, it decreases the temperature of the fat to such extent that a coating is not formed quickly enough to prevent fat from penetrating the food. The ebullition of fat is due to water found in food to be cooked.

Great care must be taken that too much is not put into the fat at one time, not only because it lowers the temperature of the fat, but because it causes it to bubble and go over the sides of the kettle. It is not fat that boils, but water which fat has received from food.

All fried food on removal from fat should be drained on brown paper.

Rules for Testing Fat for Frying. 1. When the fat begins to smoke, drop in an inch cube of bread from soft part of loaf, and if in forty seconds it is golden brown, the fat is then of right temperature for frying any cooked mixture.

2. Use same test for uncooked mixtures, allowing one minute for bread to brown.

Many kinds of food may be fried in the same fat; new fat should be used for batter and dough mixtures, potatoes, and fishballs; after these, fish, meat, and croquettes. Fat should be frequently clarified.

To Clarify Fat. Melt fat, add raw potato cut in quarter-inch slices, and allow fat to heat gradually; when fat ceases to bubble and potatoes are well browned, strain through double cheesecloth, placed over wire strainer, into a pan. The potato absorbs any odors or gases, and collects to itself some of the sediment, remainder settling to bottom of kettle.

When small amount of fat is to be clarified, add to cold fat boiling water, stir vigorously, and set aside to cool; the fat will form a cake on top, which may be easily removed; on bottom of the cake will be found sediment, which may be readily scraped off with a knife.

Remnants of fat, either cooked or uncooked, should be saved and tried out, and when necessary clarified.

Fat from beef, poultry, chicken, and pork may be used for shortening or frying purposes; fat from mutton and smoked meats may be used for making hard and soft soap; fat removed from soup stock, the water in which corned beef has been cooked, and drippings from roast beef, may be tried out, clarified, and used for shortening or frying purposes.

To Try out Fat. Cut in small pieces or put through a food chopper and melt in top of double boiler; in this way it will require less watching than if placed in kettle on the back of range. Leaf lard is tried out in the same way; in cutting the leaf, remove membrane. After straining lard, that which remains may be salted, pressed, and eaten as a relish, and is called scraps.

Sautéing is frying in a small quantity of fat. Food so cooked is much more difficult of digestion than when fried in deep fat; it is impossible to cook in this way without the food absorbing fat. A frying pan or griddle is used; the food is cooked on one side, then turned, and cooked on the other.

Braising is stewing and baking (meat). Meat to be braised is frequently first sautéed to prevent escape of much juice in the gravy. The meat is placed in a pan with a small quantity of stock or water, vegetables (carrot, turnip, celery, and onion) cut in pieces, salt, pepper, and sweet herbs. The pan should have a tight-fitting cover. Meat

so prepared should be cooked in an oven at low uniform temperature for a long time. This is an economical way of cooking, and the only way besides stewing or boiling of making a large piece of tough meat palatable and digestible.

Fricasseeing is sautéing and serving with a sauce. Tender meat is fricasseed without previous cooking; less tender meat requires cooking in hot water before fricasseeing. Although veal is obtained from a young creature, it requires long cooking; it is usually sautéed, and then cooked in a sauce at low temperature for a long time.

VARIOUS WAYS OF PREPARING FOOD FOR COOKING

Egging and Crumbing. Use for crumbing dried bread crumbs which have been rolled and sifted, or soft stale bread broken in pieces and forced through a colander. An ingenious machine on the market, "The Bread Crumber", does this work. Egg used for crumbing should be broken into a deep plate and beaten with a fork to blend yolk and white; dilute each egg with two tablespoons water. The crumbs should be taken on a board; food to be fried should be first rolled in crumbs (care being taken that all parts are covered with crumbs), then dipped in egg mixture (equal care being taken to cover all parts), then rolled in crumbs again; after the last crumbing remove food to a place on the board where there are no crumbs, and shake off some of the outer ones which make coating too thick. A broad-bladed knife with short handle or spatula are the most convenient utensils for lifting food to be crumbed from egg mixture. Small scallops, oysters, and crabs are more easily crumbed by putting crumbs and fish in paper and shaking paper until the fish is covered with crumbs. The object of first crumbing is to dry the surface that egg may cling to it; and where a thin coating is desired flour is often used in place of crumbs.

Larding is introducing small pieces of fat salt pork or bacon through the surface of uncooked meat. The flavor of lean and dry meat is much improved by larding; tenderloin of beef (fillet), grouse, partridge, pigeon, and liver are often prepared in this way. Pig pork, being firm, is best for larding. Pork should be kept in a cold place that it may be well chilled. Remove rind and use the part of pork which lies between rind and vein. With sharp knife (which is sure to make a clean cut) remove slices a little less than one-fourth inch thick; cut the slices into strips a little less than one-fourth inch wide; these

strips should be two and one-fourth inches long, and are called *lardoons*. Lardoons for small birds — quail, for example — should be cut smaller and not quite so long. To lard, insert one end of lardoon into larding-needle, hold needle firmly, and with pointed end take up a stitch one-third inch deep and three-fourths inch wide; draw needle through, care being taken that lardoon is left in meat and its ends project to equal lengths. Arrange lardoons in parallel rows, one inch apart, stitches in the alternate rows being directly underneath each other. Lard the upper surface of cuts of meat with the grain, never across it. In birds, insert lardoons at right angles to breastbone on either side. When large lardoons are forced through meat from surface to surface, the process is called daubing. Example: beef à la mode. Thin slices of fat salt pork placed over meat may be substituted for larding, but flavor is not the same as when pork is drawn through flesh, and the dish is far less sightly.

Boning is removing bones from meat or fish, leaving the flesh nearly in its original shape. For boning, a small sharp knife with pointed blade is essential. Legs of mutton and veal and loins of beef may be boned at market, no extra charge being made.

Whoever wishes to learn how to bone should first be taught boning of a small bird; when this is accomplished, larger birds may easily be done, the processes varying but little. In large birds tendons are drawn from legs, and the wings are left on and boned.

How to Bone a Bird

In buying birds for boning, select those which have been fresh killed, dry picked, and not drawn. Singe, remove pinfeathers, head, and feet, and cut off wings close to body in small birds. Lay bird on a board, breast down.

Begin at neck and with sharp knife cut through the skin the entire length of body. Scrape the flesh from backbone until end of one shoulder-blade is found; scrape flesh from shoulder-blade and continue around wing-joint, cutting through tendinous portions which are encountered; then bone other side. Scrape skin from backbone the entire lenth of body, working across the ribs. Free wishbone and collar-bones, at same time removing crop and windpipe; continue down breastbone, particular care being taken not to break the skin as it lies very near bone, or to cut the delicate membranes which enclose entrails. Scrape flesh from second joints and drumsticks, laying it

back and drawing off as a glove may be drawn from the hand. Withdraw carcass and put flesh back in its original shape. In large birds where wings are boned, scrape flesh to middle joint, where bone should be broken, leaving bone at tip end to assist in preserving shape.

How to Measure

Correct measurements are absolutely necessary to insure the best results. Good judgment, with experience, has taught some to measure by sight; but the majority need definite guides.

Tin, granite-ware, and glass measuring-cups, divided in quarters or thirds, holding one half-pint, and tea and table spoons of regulation sizes, — which may be bought at any store where kitchen furnishings are sold, — and a case knife, are essentials for correct measurement. Mixing-spoons, which are little larger than tablespoons, should not be confounded with the latter.

Measuring Ingredients. Flour, meal, powdered and confectioners' sugar, and soda should be sifted before measuring. Mustard and baking-powder, from standing in boxes, settle, therefore should be stirred to lighten; salt frequently lumps, and these lumps should be broken. *A cupful* is measured level. To measure a cupful, put in the ingredient by spoonfuls or from a scoop, round slightly, and level with a case knife, care being taken not to shake the cup. *A tablespoonful is measured level. A teaspoonful is measured level.*

To measure tea or table spoonfuls, dip the spoon in the ingredient, fill, lift, and level with a knife, the sharp edge of knife being toward tip of spoon. Divide with knife lengthwise of spoon, for a half-spoonful; divide halves crosswise for quarters, and quarters crosswise for eighths; divide twice crosswise for thirds. Less than one-eighth of a teaspoonful is considered a few grains.

Measuring Liquids. A cupful of liquid is all the cup will hold.

A tea or table spoonful is all the spoon will hold.

Measuring Butter, Lard, etc. To measure butter, lard, and other solid fats, pack solidly into cup or spoon, and level with a knife.

When dry ingredients, liquids, and fats are called for in the same recipe, measure in the order given, thereby using but one cup.

How to Combine Ingredients

Next to measuring comes care in combining. Three ways are considered, — stirring, beating, and cutting and folding.

To stir, mix by using circular motion, widening the circles until all is blended. Stirring is the motion ordinarily employed in all cookery, alone or in combination with beating.

To beat, turn ingredient or ingredients over and over, continually bringing the under part to the surface, thus allowing the utensil used for beating to be constantly brought in contact with bottom of the dish and throughout the mixture.

To cut and fold, introduce one ingredient into another ingredient or mixture by two motions: with a spoon, a repeated vertical downward motion, known as cutting; and a turning over and over of mixture, allowing bowl of spoon each time to come in contact with bottom of dish, is called folding. These repeated motions are alternated until thorough blending is accomplished.

By stirring, ingredients are mixed; *by beating*, a large amount of air is enclosed; *by cutting and folding*, air already introduced is prevented from escaping.

Ways of Preserving

1. **By Freezing.** Foods which spoil readily are frozen for transportation, and must be kept packed in ice until used. Examples: fish and poultry.

2. **By Refrigeration.** Foods so preserved are kept in cold storage. The cooling is accomplished by means of ice, or by a machine where compressed gas is cooled and then permitted to expand. Examples: meat, milk, butter, eggs, etc.

3. **By Canning.** Which is preserving in air-tight glass jars, or tin cans hermetically sealed. When fruit is canned, sugar is usually added.

4. **By Sugar.** Examples: fruit juices and condensed milk.

5. **By Exclusion of Air.** Foods are preserved by exclusion of air in other ways than canning. Examples: grapes in bran, eggs in lime water, etc.

6. **By Drying.** Drying consists in evaporation of nearly all moisture, and is generally combined with salting, except in vegetables and fruits.

7. **By Evaporation.** There are examples where considerable moisture remains, though much is driven off. Example: beef extract.

8. **By Salting.** There are two kinds of salting, — dry, and corning or salting in brine. Examples: salt codfish, beef, pork, tripe, etc.

9. **By Smoking.** Some foods, after being salted, are hung in a closed room for several hours, where hickory wood is allowed to smother. Examples: ham, beef, and fish.

10. **By Pickling.** Vinegar, to which salt is added, and sometimes sugar and spices, is scalded; and cucumbers, onions, and various kinds of fruit are allowed to remain in it.

11. **By Oil.** Examples: sardines, anchovies, etc.

12. **By Antiseptics.** The least wholesome way is by the use of antiseptics. Borax and salicylic acid, when employed, should be used sparingly.

TABLE OF MEASURES AND WEIGHTS[1]

2 cups butter (packed solidly)	= 1 pound
4 " flour (pastry)	= 1 "
2 " granulated sugar	= 1 "
$2\frac{2}{3}$ " powdered sugar	= 1 "
$3\frac{1}{2}$ " confectioners' sugar	= 1 "
$2\frac{2}{3}$ " brown sugar	= 1 "
$2\frac{2}{3}$ " oatmeal	= 1 "
$4\frac{3}{4}$ " rolled oats	= 1 "
$2\frac{2}{3}$ " granulated corn meal	= 1 "
$4\frac{1}{3}$ " rye meal	= 1 "
$1\frac{7}{8}$ " rice	= 1 "
$4\frac{1}{2}$ " Graham flour	= 1 "
$3\frac{7}{8}$ " entire wheat flour	= 1 "
$4\frac{1}{3}$ " coffee	= 1 "
2 " finely chopped meat	= 1 "
9 large eggs	= 1 "
1 square Baker's chocolate	= 1 ounce
$\frac{1}{3}$ cup almonds blanched and chopped	= 1 "
A few grains is less than one-eighth teaspoon.	
3 teaspoons	= 1 tablespoon
16 tablespoons	= 1 cup
2 tablespoons butter	= 1 ounce
4 tablespoons flour	= 1 "

[1] For other examples see page 751.

TIME-TABLES FOR COOKING

Boiling

Articles	Time Hours	Minutes
Coffee		1 to 3
Eggs, soft cooked		6 to 8
" hard "		35 to 45

Articles	Time Hours	Minutes
Mutton, leg	2 to 3	
Ham, weight 12 to 14 lbs.	4 to 5	
Corned Beef or Tongue	3 to 4	
Turkey, weight 9 lbs.	2 to 3	
Fowl, " 4 to 5 lbs.	2 to 3	
Chicken, " 3 lbs.	1 to 1¼	
Lobster		25 to 30
Cod and Haddock, weight 3 to 5 lbs.		20 to 30
Halibut, thick piece, " 2 to 3 lbs.		30
Bluefish and Bass, " 4 to 5 lbs.		40 to 45
Salmon, weight 2 to 3 lbs.		30 to 35
Small Fish		6 to 10
Potatoes, white		20 to 30
" sweet		15 to 25
Asparagus		20 to 30
Peas		20 to 60
String Beans	1 to 2½	
Lima and other Shell Beans	1 to 1¼	
Beets, young		45
" old	3 to 4	
Cabbage		35 to 60
Oyster Plant		45 to 60
Turnips		30 to 45
Onions		45 to 60
Parsnips		30 to 45
Spinach		25 to 30
Green Corn		12 to 20
Cauliflower		20 to 25
Brussels Sprouts		15 to 20
Tomatoes, stewed		15 to 20
Rice		20 to 25
Macaroni		20 to 30

Broiling

Steak, one inch thick	4 to 6
" one and one-half inches thick	8 to 10
Lamb or Mutton Chops	6 to 8
" " " in paper cases	10
Quails or Squabs	8
" " in paper cases	10 to 12
Chickens	20
Shad, Bluefish, and Whitefish	15 to 20

Articles	Time Hours	Minutes
Slices of Fish, Halibut, Salmon, and Swordfish		12 to 15
Small, thin Fish		5 to 8
Liver and Tripe		4 to 5

Baking[1]

Articles	Temperature Degrees Fahrenheit	Time Hours	Minutes
Baked Beans	250 to 350	6 to 8	
Biscuits and Rolls			
Biscuits (baking powder)	450		12 to 15
" (yeast)	450 until brown, then 350		12 to 20
Bread Sticks	450 until light brown, then 350		10 to 12
Coffee Rolls	400		30
Parker House Rolls	450		8
	then 375		12
Bread			
Coffee	375 to 450		40
Graham	450 for		15
	425 for		30
	then 350 for		30
Nut	275	2	
Yeast	450 until it begins to brown		
	then 375		45 to 60
Cake			
Angel	300 to 325		25 to 60
Butter (layer)	375		20 to 30
" (loaf)	350		40 to 60
Chocolate (layer)	350		35
" (loaf)	325		45 to 50
Fruit	325	$1\frac{1}{4}$ to 2	
Gingerbread	350		20 to 30
Jelly Roll	360		10 to 15
Newport Pound (layers)	330		30
Nut	325		40 to 60
Pound (loaf)	325	1	15
Quick	350		45
Shortcake	450 until risen and browned		
	then 375		18 to 25
Sponge (layer)	350		30
" (loaf)	325		60
Silver Sponge	250 to 300		25
Wedding	Steam 3 hours, then 250	1	30

[1] An oven thermometer is invaluable if range oven has no indicator of temperature.

Articles	Temperature Degrees Fahrenheit	Time Hours Minutes
Cookies and Little Cakes		
Brownies	325	15 to 20
Cookies	350	6 to 10
Cream Cakes and Éclairs	450 until puffed and brown	
then	325	30 to 35
Cup Cakes	350	25
Ginger Snaps	335	4 to 6
Hermits	350	10 to 12
Macaroons	300	30
Nut Macaroons	325	20
Rolled Wafers	325	10
Custard		
Baked in Cups	325	30 to 45
Pudding	325	60
Eggs		
Baked	300	15
Omelet (plain)	350	3 to 5
Soufflé	300	45 to 60
Entrées		
Cheese Fondu	325	20
Dishes au Gratin	375	12 to 20
Forcement Timbales	300 to 325	20
Scalloped Dishes of Cooked Mixtures	375	12 to 15
Soufflé (meat)	325	50 to 60
Fish		
Small	350 to 375	20 to 30
Thick (weight 3 to 4 lbs.)	375	15
then	350	30 to 45
Fillets	375	15 to 20
Scalloped Oysters	350	25 to 30
Stuffed Fish	375	30
Fruits		
Baked Apples	375	45 to 60
Dried Fruit	350	35
Gems and Muffins		
Bran	400	20
Corn Cake (thin)	450	15 to 20
" " (thick)	350 to 360	50 to 60
Gems	400	25
Muffins (baking powder)	400	25
" (raised)	450 until brown, then 350	20 to 30
Nut	300 to 325	25 to 40
Popovers	500 until puffed and browned,	
then	350	15 to 25

Articles	Temperature Degrees Fahrenheit	Time Hours	Time Minutes
Meats			
Braised Beef	300	3½ to 4½	
Beef, sirloin or rib, rare, weight 5 lbs.	450 until seared, then 375	1	5
Beef, sirloin or rib, rare, weight, 10 lbs.	450 until seared, then 375	1	30
Beef, sirloin or rib, well done, weight 5 lbs.	450 until well seared, then 375	1	20
Beef, sirloin or rib, well done, weight 10 lbs.	450 until well seared, then 350	1	50
Beef, rump, rare, weight 10 lbs.	450 until well seared, then 350	1	35
Beef, rump, well done, weight 10 lbs.	450 until seared, then 350	1	55
Beef or Lamb en Casserole	375		60
Larded Fillet of Beef	450		25
Lamb Chops in Paper Cases	400		15 to 20
Lamb (forequarter)	450 until seared, then 350	1 to 1¼	
Lamb (leg)	450–350	1¼ to 1¾	
Lamb (crown)	450–350	1 to 1½	
Meat Loaf	400		30 to 40
Pork (chine or spare rib)	450–350	3 to 3½	
Veal (leg)	450–350	3½ to 4	
" (loin)	450–350	2 to 3	
Meringues			
Kisses	300	1	
On Puddings and Pies	300		8 to 20
Pastries and Pies			
Cheese Straws	400		8 to 10
Custard Pie	500 until crust is set, then 350		45
Patties	550 decrease 50° every 5 minutes		20 to 25
Pies (filled)	500 until crust is brown		10
	then 350		30 to 50
" (unfilled)	450		12 to 15
Puff Paste Desserts (small)	450 after 5 minutes reduce to 375 " " " " "		
	350		8 to 15
Tartlet Shells	450		12 to 15
Tarts	500 decrease 50° every 5 minutes		15 to 20
Vol-au-vent	500 " " " " "		
	until 350		50 to 60
Poultry			
Chicken (weight 3–4 lbs.)	450 until brown, then 350	1 to 1½	
Grilled Boned Chicken	500		10
	then 375		25

Articles	Temperature Degrees Fahrenheit	Time Hours	Time Minutes
Duck (domestic)	450 to 375	¾ to 1½	
" (wild)	450		20 to 30
Goose (weight 9 lbs.)	450 to 375	2½ to 3	
Grouse	450		25 to 30
Partridge	450 to 375		45 to 50
Pigeons (potted)	300	2	
Turkey (weight 9 lbs.)	450 to 350	2½ to 3	
Puddings			
Bread	350		60
Cottage	350		35
Indian	300	2 to 3	
Newton Tapioca	450	2	
Rice	300	2 to 3	
Yorkshire	450		20
Soup Accompaniments			
Crisp Crackers	400		10 to 12
Croûtons	350 to 400		10 to 12
Pulled Bread	300		20
Soufflèd Crackers	500 till puffed, then 375		40
Vegetables			
Stuffed Peppers or Tomatoes	400		18
Potatoes, Baked	450		40 to 60
Potato Balls, Baked	400		45
Potatoes, Candied Sweet	275	2	
Potatoes, Glazed Sweet	375		40
" Scalloped	350	1 to 3	
Vegetable Soufflés	300 to 350		45

Frying

Articles	Time Minutes
Muffins, Fritters, and Doughnuts	3 to 5
Croquettes and Fishballs	1
Potatoes, raw	4 to 8
Breaded Chops	5 to 8
Fillets of Fish	4 to 6
Smelts, Trout, and other small Fish	3 to 5

Note. Length of time for cooking fish and meat does not depend so much on the number of pounds to be cooked as the extent of surface exposed to the heat.

Dishes prepared from my recipes are intended for the most part to serve six persons.

CHAPTER III

BEVERAGES

A BEVERAGE is any drink. Water is the beverage provided for man by nature. Water is an essential to life. All beverages contain a large percentage of water, therefore their uses should be considered: —

I. To quench thirst.
II. To introduce water into the circulatory system.
III. To regulate body temperature.
IV. To assist in carrying off waste.
V. To nourish.
VI. To stimulate the nervous system and various organs.
VII. For medicinal purposes.

Freshly boiled water should be used for making hot beverages; freshly drawn water for making cold beverages.

TEA

Tea is used by more than one-half the human race; and, although the United States is not a tea-drinking country, one and one-half pounds are consumed per capita per annum.

All tea is grown from one species of tree or shrub, *Thea*, the leaves of which constitute the tea of commerce. Climate, elevation, soil, cultivation, and care in picking and curing all go to make up the differences. First-quality tea is made from young, whole leaves.

There are three great classes of tea with many subdivisions.

1. Green teas made from leaves withered, rolled, and dried artificially or by the sun.

2. Oolong teas made from leaves withered, sweated, rolled, run through a drier, and fired.

3. Black teas made from leaves withered, sweated, fermented, rolled, and fired.

Green teas are exported principally from Japan and China; Oolong

teas from Formosa and China; Black teas from India, Ceylon, Java, and China.

From analysis, it has been found that tea is rich in protein, but taken as an infusion acts as a stimulant rather than as a nutrient. The nutriment is gained from sugar and milk served with it. The stimulating property of tea is due to the alkaloid, *theine*, together with an essential oil; it contains an astringent, tannin.

Although tea is not a substitute for food, it appears so for a considerable period of time, as its stimulating effect is immediate. It is certain that less food is required where much tea is taken, for by its use there is less wear of the tissues, consequently less need of repair. When taken to excess, it acts on the nervous system so as to produce sleeplessness or insomnia. Taken in moderation, it acts as a mild stimulant, and ingests a considerable amount of water into the system; it heats the body in winter, and cools the body in summer. Children should never be allowed to drink tea, and it had better be avoided by the young, while it may be indulged in by the aged, as it proves a valuable stimulant as the functional activities of the stomach become weakened.

Freshly boiled water should be used for making tea. Boiled, because below the boiling point the stimulating property, theine, would not be extracted. Freshly boiled, because long cooking renders it flat and insipid to taste on account of escape of its atmospheric gases. Tea should always be infused, never boiled. Long steeping destroys the delicate flavor by developing a larger amount of tannic acid.

How to Make Tea

3 teaspoons tea 2 cups boiling water

Scald an earthen or china teapot.

Put in tea, and pour on boiling water. Let stand on back of range or in a warm place five minutes. Strain and serve immediately, with or without sugar and milk. Avoid second steeping of leaves with addition of a few fresh ones. If this is done, so large an amount of tannin is extracted that various ills are apt to follow.

Five o'Clock Tea

When tea is made in dining or drawing-room, a "Five o'Clock Tea-kettle" (Samovar), and tea-ball or teapot are used.

After-Dinner Coffee Service. — *Page 34.*

Five O'Clock Tea Service. — *Page 30.*

Chocolate Service. — *Page 37.*

Punch Service. — *Page 40.*

Lemon Cut Sugar

Rub entire surface of blocks of domino sugar over the rind of a lemon which has been washed and wiped until dry. Store in a glass jar, and use to sweeten and flavor five o'clock tea.

Orange Cut Sugar

Made same as Lemon Cut Sugar, using an orange in place of a lemon.

Russian Tea

Follow recipe for making tea. Russian Tea may be served hot or cold, but always without milk. A thin slice of lemon, from which seeds have been removed, or a few drops of lemon juice, is allowed for each cup. Sugar is added according to taste. Garnish with candied cherries.

De John's Tea

Follow recipe for making tea and serve hot, allowing three whole cloves to each cup. Sugar is added according to taste.

Iced Tea

4 teaspoons tea 2 cups boiling water

Follow recipe for making tea. Strain into glasses one-third full of cracked ice. Sweeten to taste, and allow one slice lemon to each glass tea. The flavor is much finer by chilling the infusion quickly.

Wellesley Tea

Make same as Iced Tea, having three crushed mint leaves in each glass into which the hot infusion is strained.

COFFEE

The coffee-tree is native to Abyssinia, but is now grown in all tropical countries. It belongs to the genus *Coffea*, of which there are about twenty-two species. The seeds of berries of coffee-trees constitute the coffee of commerce. Each berry contains two seeds, with exception of maleberry, which is a single round seed. In their natural state they are almost tasteless; therefore color, shape, and size determine value. Formerly, coffee was cured by exposure to the sun; but on account of warm climate and sudden rainfalls, coffee was often injured. By the new method coffee is washed, and then dried by steam heat.

In coffee plantations, trees are planted in parallel rows, from six to eight feet apart, and are pruned so as never to exceed six feet in height. Banana-trees are often grown in coffee plantations, advantage being taken of their outspreading leaves, which protect coffee-trees from direct rays of the sun. Brazil, Central America, Java, and Arabia are coffee centres.

Tea comes to us ready for use; coffee needs roasting. In process of roasting the seeds increase in size, but lose fifteen per cent in weight. Roasting is necessary to develop the delightful aroma and flavor. Java coffee is considered finest. Mocha commands a higher price, owing to certain acidity and sparkle, which alone is not desirable; but when combined with Java, in proportion of two parts Java to one part Mocha, the coffee best suited to average taste is made. Some people prefer Maleberry Java; so especial care is taken to have maleberries separated, that they may be sold for higher price. Old Government Java has deservedly gained a good reputation, as it is carefully inspected, and its sale controlled by Dutch government. Strange as it may seem to the consumer, all coffee sold as Java does not come from the island of Java. Any coffee, wherever grown, having same characteristics and flavor, is sold as Java. The same is true of other kinds of coffee.

The stimulating property of coffee is due to the alkaloid *caffeine*, together with an essential oil. Like tea, it contains an astringent. Coffee is more stimulating than tea, although, weight for weight, tea contains about twice as much *theine* as coffee contains *caffeine*. The smaller proportion of tea used accounts for the difference. A cup of coffee with breakfast, and a cup of tea with supper, serve as a mild stimulant for an adult, and form a valuable food adjunct, but should never be found in the dietary of a child or dyspeptic. Coffee taken in moderation quickens action of the heart, acts directly upon the nervous system, and assists gastric digestion. Fatigue of body and mind are much lessened by moderate use of coffee; severe exposure to cold can be better endured by the coffee drinker. In times of war, coffee has proved more valuable than alcoholic stimulants to keep up the enduring power of soldiers. Tea and coffee are much more readily absorbed when taken on an empty stomach; therefore this should be avoided except when used for medicinal purposes. Coffee must be taken in moderation; its excessive use means palpitation of the heart, tremor, insomnia, and nervous prostration.

Coffee is often adulterated with chiccory, beans, peas, and various cereals, which are colored, roasted, and ground. By many, a small amount of chiccory is considered an improvement, owing to the bitter principle and volatile oil which it contains. Chiccory is void of caffeine. The addition of chiccory may be detected by adding cold water to supposed coffee; if chiccory is present, the liquid will be quickly discolored, and chiccory will sink; pure coffee will float.

Buying of Coffee. Coffee should be bought for family use in small quantities, freshly roasted and ground; or, if one has a coffee-mill, it may be ground at home as needed. After being ground, unless kept air tight, it quickly deteriorates. If not bought in air-tight cans, with tight-fitting cover, or glass jar, it should be emptied into canister as soon as brought from grocer's.

Coffee may be served as filtered coffee, infusion of coffee, or decoction of coffee. Commonly speaking, boiled coffee is preferred, and is more economical for the consumer. Coffee is ground fine, coarse, and medium; and the grinding depends on the way in which it is to be made. For filtered coffee have it finely ground; for boiled, coarse or medium.

Filtered Coffee

(French or Percolated)

1 cup coffee (finely ground) 6 cups boiling water

Various kinds of coffee-pots are on the market for making filtered coffee. They all contain a strainer to hold coffee without allowing grounds to mix with infusion. Some have additional vessel to hold boiling water, upon which coffee-pot may rest. Place coffee in strainer, strainer in coffee-pot, and pot on the range. Add gradually boiling water and allow it to filter. Cover between additions of water. If desired stronger, re-filter. Serve at once with cut sugar and cream.

Put sugar and cream in cup before hot coffee. There will be perceptible difference if cream is added last. If cream is not obtainable scalded milk may be substituted, or part milk and part cream may be used, if a dilute cup of coffee is desired. Coffee percolators are preferably used when coffee is made at table.

Boiled Coffee

1 cup coffee 1 cup cold water
1 egg 6 cups boiling water

Scald a clean *granite-ware* coffee-pot. Wash egg, break, and beat slightly. Dilute with one-half the cold water, add crushed shell, and mix with coffee. Turn into coffee-pot, pour on freshly boiling water, and stir thoroughly. Place on front of range, and boil three minutes. If not boiled, coffee is cloudy; if boiled too long, too much tannic acid is developed. The spout of pot should be covered or stuffed with soft paper to prevent escape of fragrant aroma. Add remaining cold water, which perfects clearing. Cold water being heavier than hot water sinks to the bottom, carrying grounds with it. Place on back of range for ten minutes, where coffee will not boil. Serve at once. If any is left over, drain from grounds, and reserve for making jelly or other dessert.

Egg-shells may be saved and used for clearing coffee. Three egg-shells are sufficient to effect clearing where one cup of ground coffee is used. The shell performs no office in clearing except for the albumen which clings to it. One-fourth cup cold water, or salt fish-skin, washed, dried, and cut in inch pieces, is used for same purpose.

Coffee made with an egg has a rich flavor which egg alone can give. Where strict economy is necessary, if great care is taken, egg may be omitted. Coffee so made should be served from range, as much motion causes it to become roiled.

Tin is an undesirable material for a coffee-pot, as tannic acid acts on such metal and is apt to form a poisonous compound.

When coffee and scalded milk are served in equal proportions, it is called *Café au lait.* Coffee served with whipped cream is called *Vienna Coffee.*

To Make a Small Pot of Coffee. Mix one cup ground coffee with one egg, slightly beaten, and crushed shell. To one-third of this amount add one-third cup cold water. Turn into a scalded coffee-pot, add one pint boiling water, and boil three minutes. Let stand on back of range ten minutes; serve. Keep remaining coffee and egg closely covered, in a cool place, to use two successive mornings.

To Make Coffee for One. Allow two tablespoons ground coffee to one cup cold water. Add coffee to cold water, cover closely, and let stand over night. In the morning bring to boiling-point. If carefully poured, a clear cup of coffee may be served.

After-Dinner Coffee

(*Black Coffee, or Café Noir*)

For after-dinner coffee use twice the quantity of coffee, or half the amount of liquid, given in previous recipes. Filtered coffee is often preferred when milk or cream is not used, as is always the case with black coffee. Serve in after-dinner coffee cups, with or without cut sugar.

Coffee retards gastric digestion; but where the stomach has been overtaxed by a hearty meal, café noir may prove beneficial, its stimulating effects are so great.

Luncheon Coffee

Strain coffee remaining from breakfast, sweeten to taste and chill. Dilute with cream and pour into a glass pitcher. Serve in tall glasses, allowing two tablespoons vanilla ice cream to each glass.

KOLA

The preparations on the market made from the kola-nut have much the same effect upon the system as coffee and chocolate, inasmuch as they contain caffeine and theobromine; they are also valuable for their diastase and a milk-digesting ferment.

COCOA AND CHOCOLATE

The cacao-tree (*Theobroma cacao*) is native to Mexico. Although successfully cultivated between the twentieth parallels of latitude, its industry is chiefly confined to Mexico, South America, and the West Indies. Cocoa and chocolate are both prepared from seeds of the cocoa bean. The bean pod is from seven to ten inches long, and three to four and one-half inches in diameter. Each pod contains from twenty to forty seeds, imbedded in mucilaginous material. Cocoa beans are dried previous to importation. Like coffee, they need roasting to develop flavor. After roasting, outer covering of bean is removed; this covering makes what is known as *cocoa shells*, which have little nutritive value. The beans are broken and sold as *cocoa nibs*.

The various preparations of cocoa on the market are made from the ground cocoa nibs, from which, by means of hydraulic pressure, a large amount of fat is expressed, leaving a solid cake. This in turn

is pulverized and mixed with sugar, and frequently a small amount of cornstarch or arrowroot. To some preparations cinnamon or vanilla is added. Broma contains both arrowroot and cinnamon.

Chocolate is made from cocoa nibs, but contains a much larger proportion of fat than cocoa preparations. Bitter, sweet, or flavored chocolate is always sold in cakes.

The fat obtained from cocoa bean is *cocoa butter*, which gives cocoa its principal nutrient.

Cocoa and chocolate differ from tea and coffee inasmuch as they contain nutriment as well as stimulant. *Theobromine*, the active principle, is almost identical with theine and caffeine in its composition and effects.

Many people who abstain from the use of tea and coffee find cocoa indispensable. Not only is it valuable for its own nutriment, but for the large amount of milk added to it. Cocoa may be well placed in the dietary of a child after his third year, while chocolate should be avoided as a beverage, but may be given as a confection. Invalids and those of weak digestion can take cocoa where chocolate would prove too rich.

Cocoa Shells

1 cup cocoa shells 6 cups boiling water

Boil shells and water three hours; as water boils away it will be necessary to add more. Strain, and serve with milk and sugar. By adding one-third cup cocoa nibs, a much more satisfactory drink is obtained.

Cracked Cocoa

½ cup cracked cocoa 3 pints boiling water

Boil cracked cocoa and water two hours. Strain, and serve with milk and sugar. If cocoa is pounded in a mortar and soaked overnight in three pints water, it will require but one hour's boiling.

Breakfast Cocoa

1½ tablespoons prepared cocoa 2 cups boiling water
2 tablespoons sugar 2 cups milk
Few grains salt

Scald milk. Mix cocoa, sugar, and salt, dilute with one-half cup boiling water to make smooth paste, add remaining water, and boil five minutes; turn into scalded milk and beat two minutes, using

egg-beater, when froth will form, preventing scum, which is so unsightly; this is known as *milling*.

Reception Cocoa

3 tablespoons cocoa
¼ cup sugar
A few grains salt
4 cups milk
¾ cup boiling water

Scald milk. Mix cocoa, sugar, and salt, adding enough boiling water to make a smooth paste; add remaining water and boil five minutes; pour into scalded milk. Beat two minutes, using egg-beater.

Cocoa Egg Nog

White 1 egg
1 teaspoon sugar
1 teaspoon breakfast cocoa
Few grains salt
¾ cup cold milk

Beat egg white until stiff and add gradually, while beating constantly, sugar, cocoa, and salt. Add to one-half the mixture, while beating constantly, cold milk. Turn into a glass and pile remaining egg mixture on top.

Chocolate I

1½ squares unsweetened chocolate
¼ cup sugar
Few grains salt
1 cup boiling water
3 cups milk

Scald milk. Melt chocolate in small saucepan placed over hot water, add sugar, salt, and gradually boiling water; when smooth, place on range and boil five minutes; add to scalded milk, mill, and serve in chocolate cups with whipped cream. One and one-half ounces vanilla chocolate may be substituted for unsweetened chocolate; being sweetened, less sugar is required.

Chocolate II

Prepare same as Chocolate I, substituting one can evaporated cream or condensed milk diluted with two cups boiling water in place of three cups milk. If sweetened condensed milk is used, omit sugar.

Chocolate III

2 ozs. sweetened chocolate
4 cups milk
Few grains salt
Whipped cream

Scald milk, add chocolate, and stir until chocolate is melted. Bring to boiling point, mill, and serve in chocolate cups with whipped cream sweetened and flavored.

Hot Marshmallow Chocolate

4 cups milk
2½ ozs. vanilla chocolate
Few grains salt
Sugar
Marshmallows

Put milk and chocolate in double boiler, and when scalding point is reached add salt and sugar to taste. Beat two minutes, using egg-beater. Put two marshmallows in each chocolate cup and fill cups two-thirds full of hot chocolate. Use the inexpensive kind of marshmallows, as they melt more quickly.

Chocolate Syrup

4 squares unsweetened chocolate
1¾ cups sugar
⅛ teaspoon salt
1½ cups boiling water

Melt chocolate in saucepan placed in a larger saucepan of boiling water, add sugar and salt and stir until well mixed; then pour on gradually, while stirring constantly, boiling water. Stir until smooth, bring to the boiling-point and let boil five minutes. Cool, turn into a jar and keep in ice box or cold place.

Chocolate Egg and Milk Shake

2 tablespoons finely crushed ice
2½ tablespoons chocolate syrup
1 egg
⅔ cup milk

Put ingredients in glass and shake thoroughly (using one of the shakers that may be bought at any kitchen-furnishing store), and strain into another glass for serving. A few gratings nutmeg or a few grains cinnamon may be sprinkled on top. The ice may be omitted if the ingredients have been thoroughly chilled in the ice box.

Chocolate Ice Cream Soda

3 tablespoons chocolate syrup
Soda water
2 tablespoons vanilla ice cream

Put syrup in tall glass, add vanilla ice cream, and fill glass with soda water drawn from siphon. Stir thoroughly and serve.

Siphons of soda may be bought of any druggist or first-class city grocer.

FRUIT BEVERAGES

Lemonade

1 cup sugar — ⅓ cup lemon juice — 1 pint water

Make syrup by boiling sugar and water twelve minutes; add fruit juice, cool, and dilute with ice-water to suit individual tastes. Lemon syrup may be bottled and kept on hand to use as needed.

Pineapple Lemonade

1 pint water — 1 quart ice-water
1 cup sugar — 1 can grated pineapple
Juice 3 lemons

Make syrup by boiling water and sugar ten minutes; add pineapple and lemon juice, cool, strain, and add ice-water.

Orangeade

Make syrup as for Lemonade. Sweeten orange juice with syrup and dilute by pouring over crushed ice.

Iced Fruit Juice

Arrange fresh mint leaves, lengthwise, at equal distances in frappé glasses, allowing four to each glass. Put in finely crushed ice to three-fourths depth of glasses, and pour over to fill glass fresh fruit juice sweetened to taste, using grape juice, fresh raspberry juice, fresh strawberry juice or fresh pineapple juice. Arrange glasses on small plates covered with doilies, and accompany each with a teaspoon.

Serve as a first course at a ladies' luncheon. Mint leaves may be omitted.

Card Punch

2 pints ginger ale — 1 pint grape juice

Mix ginger ale and grape juice. Fill glasses half full of finely crushed ice and fill with mixture.

Luncheon Punch

1 quart Apollinaris — 1 quart white grape juice

Pack bottled ingredients in salt and ice and let stand until thoroughly chilled. Just before serving mix and pour into a chilled pitcher.

Fruit Punch I

1 quart cold water
2 cups sugar
½ cup lemon juice
2 cups chopped pineapple
1 cup orange juice

Boil water, sugar, and pineapple twenty minutes; add fruit juice, cool, strain, and dilute with ice-water.

Fruit Punch II

1 cup water
2 cups sugar
1 cup tea infusion
1 quart Apollinaris
2 cups strawberry syrup
Juice 5 lemons
Juice 5 oranges
1 can grated pineapple
1 cup Maraschino cherries

Make syrup by boiling water and sugar ten minutes; add tea, strawberry syrup, lemon juice, orange juice, and pineapple; let stand thirty minutes, strain, and add ice-water to make one and one-half gallons of liquid. Add cherries and Apollinaris. Serve in punch-bowl, with large piece of ice. This quantity will serve fifty.

Fruit Punch III

1 cup sugar
1 cup hot tea infusion
¾ cup orange juice
⅓ cup lemon juice
1 pint ginger ale
1 pint Apollinaris
Few slices orange

Pour tea over sugar, and as soon as sugar is dissolved add fruit juices. Strain into punch-bowl over a large piece of ice, and just before serving add ale, Apollinaris, and slices of orange. For tea infusion use two teaspoons tea and one and one-fourth cups boiling water.

Fruit Punch IV

9 oranges
6 lemons
1 cup grated pineapple
1 cup raspberry syrup
1½ cups tea infusion
1¼ cups sugar
1 cup hot water
1 quart Apollinaris

Mix juice of oranges and lemons with pineapple, raspberry syrup, and tea; then add a syrup made by boiling sugar and water fifteen minutes. Turn in punch-bowl over a large piece of ice. Chill thoroughly, and just before serving add Apollinaris.

Ginger Punch

1 quart cold water
1 cup sugar
½ lb. Canton ginger
½ cup orange juice
½ cup lemon juice

Chop ginger, add to water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and dilute with crushed ice.

Moette Punch

1 cup pineapple syrup
1¼ cups white grape juice
1 pint Apollinaris
Sugar

Mix fruit juices, add Apollinaris and sweeten to taste. Pour into punch-bowl and add one quart raspberry ice moulded in five round moulds.

German Punch

1 cup grape juice
1 cup cider
½ cup grape fruit juice
2 bottles Lithia water
Sugar

Mix first four ingredients and sweeten to taste. Pour into a punch-bowl over a large cake of ice.

Oriental Punch

1 cup sugar
1 cup water
6 cloves
1 inch stick cinnamon
½ tablespoon chopped Canton ginger
Juice 2 lemons
Juice 3 oranges
1 drop oil of peppermint
Green coloring
Mint leaves

Make a syrup by boiling sugar and water six minutes. Add cloves, cinnamon, and ginger; cover and let stand until cold. Add fruit juices, strain, color green, and add peppermint. Let stand one hour and pour into punch-bowl over a cake of ice. Garnish with fresh mint leaves.

Cider Punch

1 quart new or bottled cider
¾ cup lemon juice
Sugar
1 quart Apollinaris
Ice

Mix cider and lemon juice, and sweeten to taste. Strain into punch-bowl over a large piece of ice. Just before serving add Apollinaris.

Mint Julep

5 lemons
1 bunch fresh mint
1½ cups sugar
½ cup water
3 bottles ginger ale
Ice

Express juice from lemons, add mint leaves, sugar and water and let stand thirty minutes. Pour over a large piece of ice and add ginger ale. Serve in small glasses.

Unfermented Grape Juice

10 lbs. grapes
1 cup water
3 lbs. sugar

Put grapes and water in granite stew-pan. Heat until stones and pulp separate; then strain through jelly-bag, add sugar, heat to boiling-point, and bottle. This will make one gallon. When served, it should be diluted one-half with water.

Fruit Punch with Whipped Cream

1 pint bottle grape juice
3 tablespoons lemon juice
⅓ cup orange juice
1 cup fresh pineapple pulp with juice
¾ cup domino sugar
Zest 1 lemon
Zest 1 orange
4 sprigs fresh mint
Few grains salt
Few gratings nutmeg
Crushed ice
1 pint bottle soda water
Whipped cream

Mix fruits and add sugar, which has been rubbed over lemon and orange to remove zest; then add mint, salt, and nutmeg. Cover, and let stand in ice-box one hour to ripen. Pour over crushed ice, add soda water, and serve in tall glasses with whipped cream on top, garnish with mint leaves.

CHAPTER IV

BREAD AND BREAD MAKING

BREAD is the most important article of food, and history tells of its use thousands of years before the Christian era. Many processes have been employed in making and baking; and as a result, from the first flat cake has come the perfect loaf. The study of bread making is of no slight importance, and deserves more attention than it receives.

Considering its great value, it seems unnecessary and wrong to find poor bread on the table. Would that our standard might be raised as high as that of our friends across the water! Who does not appreciate the loaf produced by the French baker, who has worked months to learn the art of bread making?

Bread is made from flour of wheat, or other cereals, by addition of water, salt, and a ferment. Wheat flour is best adapted for bread making, as it contains gluten in the right proportion to make the spongy loaf. But for its slight deficiency in fat, wheat bread is a perfect food; hence arose the custom of spreading it with butter. It should be remembered, in speaking of wheat bread as perfect food, that it must be made of flour rich in gluten. Next to wheat flour ranks rye in importance for bread making; but it is best used in combination with wheat, for alone it makes heavy, sticky, moist bread. Corn also needs to be used in combination with wheat for bread making, for if used alone the bread will be crumbly.

The miller, in order to produce flour which will make the white loaf (so sightly to many), in the process of grinding wheat has been forced to remove the inner bran coats, so rich in mineral matter, and much of the gluten intimately connected with them.

To understand better the details of bread making, wheat, from which bread is principally made, should be considered.

A grain of wheat consists of (1) an outer covering or husk, which is always removed before milling; (2) bran coats, which contain mineral matter; (3) gluten, the protein matter and fat; and (4) starch

the centre and largest part of the grain. Wheat is distinguished as *white* and *soft*, or *red* and *hard*. The former is known as *winter wheat*, having been sown in the fall, and living through the winter; the latter is known as *spring wheat*, having been sown in the spring. From winter wheat, pastry flour, sometimes called St. Louis, is made; from spring wheat, bread flour, also called Haxall. St. Louis flour takes its name from the old process of grinding; Haxall, from the name of the inventor of the new process. All flours are now milled by the same process. For difference in composition of wheat flours, consult table in Chapter VI.

Wheat is milled for converting into flour by processes producing essentially the same results, all requiring cleansing, grinding, and bolting. *Entire wheat flour* has only the outer husk removed, the remainder of the kernel being finely ground. *Graham flour*, confounded with entire wheat, is too often found to be an inferior flour, mixed with coarse bran.

Grinding is accomplished by one of four systems: (1) low milling; (2) Hungarian system, or high milling; (3) roller milling; and (4) by a machine known as disintegrator.

After grinding comes bolting, by which process the different grades of flour are obtained. The ground wheat is placed in octagonal cylinders (covered with silk or linen bolting-cloth of different degree of fineness), which are allowed to rotate, thus forcing the wheat through. The flour from first siftings contains the largest percentage of gluten.

Flour is branded under different names to suit manufacturer or dealer. In consequence, the same wheat, milled by the same process makes flour which is sold under different names.

In buying flour, whether bread or pastry, select the best kept by your grocer. Some of the well-known brands of bread flour are King Arthur, Swansdown, Bridal Veil, Columbia, Washburn's Extra, and Pillsbury's Best; of pastry, Best St. Louis. Bread flour should be used in all cases where yeast is called for, with few exceptions; in other cases, pastry flour. The difference between bread and pastry flour may be readily determined. Take bread flour in the hand, close hand tightly, then open, and flour will not keep in shape; if allowed to pass through fingers it will feel slightly granular. Take pastry flour in the hand, close hand tightly, open, and flour will be in shape, having impression of the lines of the hand, and feeling soft and velvety to touch. Flour should always be sifted before measuring.

Entire wheat flour differs from ordinary flour inasmuch as it contains all the gluten found in wheat, the outer husk of kernels only being removed, the remainder ground to different degrees of fineness and left unbolted. Such flours are now quite generally sold by all first-class grocers. Included in this class are the Arlington Wheat Meal and the Old Grist Mill Entire Wheat Flour.

Gluten, the protein of wheat, is a gray, tough, elastic substance, insoluble in water. On account of its great power of expansion, it holds the gas developed in bread dough by fermentation, which otherwise would escape.

Yeast

Yeast is a microscopic plant of fungous growth, and is the lowest form of vegetable life. It consists of spores, or germs, found floating in air, and belongs to a family of which there are many species. These spores grow by budding and division, and multiply very rapidly under favorable conditions, and produce fermentation.

Fermentation is the process by which, under influence of air, warmth, moisture, and some ferment, sugar (or dextrose, starch converted into sugar) is changed into alcohol (C_2H_5OH) and carbon dioxide (CO_2). The product of all fermentation is the same. Three kinds are considered, — alcoholic, acetic, and lactic. Where bread dough is allowed to ferment by addition of yeast, the fermentation is *alcoholic:* where alcoholic fermentation continues too long, *acetic* fermentation sets in, which is a continuation of alcoholic. *Lactic* fermentation is fermentation which takes place when milk sours.

Liquid, dry, or compressed yeast may be used for raising bread. The compressed yeast cakes done up in tinfoil have long proved satisfactory, and are now almost universally used, having replaced the home-made liquid yeast.

The *yeast plant* is killed at 212° F.; life is suspended, but not entirely destroyed, 32° F. The temperature best suited for its growth is from 65° to 68° F. The most favorable conditions for the growth of yeast are a warm, moist, sweet, nitrogenous soil. These must be especially considered in bread making.

Bread Making

Fermented bread is made by mixing to a dough, flour, with a definite quantity of water, milk, or water and milk, salt, and a ferment. Sugar is usually added to hasten fermentation. Dough is then

kneaded that the ingredients may be thoroughly incorporated, covered, and allowed to rise in a temperature of 68° F., until dough has doubled its bulk. This change has been caused by action of the ferment, which attacks some of the starch in flour, and changes it to sugar, and sugar in turn to alcohol and carbon dioxide, thus lightening the whole mass. Dough is then kneaded a second time to break bubbles and distribute evenly the carbon dioxide. It is shaped in loaves, put in greased bread pans (they being half filled), covered, allowed to rise in temperature same as for first rising, to double its bulk. If risen too long, it will be full of large holes; if not risen long enough, it will be heavy and soggy. If pans containing loaves are put in too hot a place while rising, a heavy streak will be found near bottom of loaf.

How to Shape Loaves and Biscuits. To shape bread dough in loaves, divide dough in parts, each part large enough for a loaf, knead until smooth, and if possible avoid seams in under part of loaf. If baked in brick pan, place two loaves in one pan, brushed between with a little melted butter. If baked in long shallow pan, when well kneaded, roll with both hands to lengthen, care being taken that it is smooth and of uniform thickness. Where long loaves are baked on sheets, shape and roll loosely in a towel sprinkled with corn meal for last rising.

To shape bread dough in biscuits, pull or cut off as many small pieces (having them of uniform size) as there are to be biscuits. Flour palms of hands slightly; take up each piece and shape separately, lifting, with thumb and first two fingers of right hand, and placing in palm of left hand, constantly moving dough round and round, while folding towards the centre; when smooth, turn it over and roll between palms of hands. Place in greased pans near together, brushed between with a little melted butter, which will cause biscuits to separate easily after baking. For finger rolls, shape biscuits and roll with one hand on part of board where there is no flour, until of desired length, care being taken to make smooth, and uniform size, and round at ends.

Biscuits may be shaped in a great variety of ways, but they should always be small. Large biscuits, though equally good, never tempt one by their daintiness.

Bread is often brushed over with milk or butter before baking, to make a darker crust.

Where bread is allowed to raise over night, a small piece of yeast

cake must be used; one-fourth yeast cake to one pint liquid is sufficient, one-third yeast cake to one quart liquid. Bread mixed and baked during the day requires a larger quantity of yeast; one yeast cake, or sometimes even more, to one pint of liquid. Bread dough mixed with a large quantity of yeast should be watched during rising, and cut down as soon as mixture doubles its bulk. If proper care is taken, the bread will be found most satisfactory, having neither "yeasty" nor sour taste.

Fermented bread was formerly raised by means of leaven.

Baking of Bread

Bread is baked: (1) To kill ferment, (2) to make soluble the starch, (3) to drive off alcohol and carbon dioxide, and (4) to form brown crust of pleasant flavor. Bread should be baked in a hot oven. If the oven be too hot the crust will brown quickly before the heat has reached the centre, and prevent further rising; loaf should continue rising for first fifteen minutes of baking, when it should begin to brown, and continue browning for the next twenty minutes. The last fifteen minutes it should finish baking, when the heat may be reduced. When bread is done, it will not cling to sides of pan, and may be easily removed. Biscuits require more heat than loaf bread, should continue rising the first five minutes, and begin to brown in eight minutes. Experience is the best guide for testing temperature of oven. Various oven thermometers have been made, but none have proved practical. Bread may be brushed over with melted butter, three minutes before removal from oven, if a more tender crust is desired.

Care of Bread after Baking

Remove loaves at once from pans, and place side down on a wire bread or cake cooler. If a crisp crust is desired, allow bread to cool without covering; if soft crust, cover with a towel during cooling. When cool, put in tin box or stone jar, and cover closely.

Never keep bread wrapped in cloth, as the cloth will absorb moisture and transmit an unpleasant taste to bread. Bread tins or jars should be washed and scalded twice a week in winter, and every other day in summer; otherwise bread is apt to mould. As there are so many ways of using small and stale pieces of bread, care should be taken that none is wasted.

Unfermented bread is raised without a ferment, the carbon dioxide

being produced by the use of soda (alkaline salt) and an acid. Soda, employed in combination with cream of tartar, for raising mixtures, in proportion of one-third soda to two-thirds cream of tartar, was formerly used to a great extent, but has been generally superseded by baking powder.

Soda bicarbonate ($NaHCO_3$) is manufactured from sodium chloride ($NaCl$), common salt or cryolite.

Baking powder is composed of soda and cream of tartar or other acid in definite, correct proportions, mixed with small quantity of dry material (flour or cornstarch) to keep action from taking place. In using baking powder, allow two teaspoons baking powder to each cup of flour, when eggs are not used; to egg mixtures allow one and one-half teaspoons baking powder.

In using cream of tartar and soda to replace baking powder take one-half as much cream of tartar as baking powder and one-half as much soda as cream of tartar.

In using sour milk in place of sweet milk, no cream of tartar will be required. Use one-half teaspoon soda to each cup sour milk.

Soda and cream of tartar, or baking powder mixtures, are made light by liberation of gas in mixture; the gas in soda is set free by the acid in cream of tartar; in order to accomplish this, moisture and heat are both required. As soon as moisture is added to baking powder mixtures, the gas will begin to escape; hence the necessity of baking as soon as possible. If baking powder only is used for raising, put mixture to be cooked in a hot oven.

Cream of tartar ($HKC_4O_6H_4$) is obtained from argols found adhering to bottom and sides of wine casks, which are ninety per cent cream of tartar. The argols are ground and dissolved in boiling water, coloring matter removed by filtering through animal charcoal, and by a process of recrystallization the cream of tartar of commerce is obtained.

The acid found in molasses, sour milk, and lemon juice will liberate gas in soda, but the action is much quicker than when cream of tartar is used.

Fermented and unfermented breads are raised to be made light and porous, that they may be easily acted upon by the digestive ferments, Some mixtures are made light by beating sufficiently to enclose a large amount of air, and when baked in a hot oven air is forced to expand.

Aërated bread is made light by carbon dioxide forced into dough under pressure. The carbon dioxide is generated from sulphuric acid and lime. Aërated bread is a close texture, and has a flavor peculiar to itself. It is a product of the baker's skill, but has found little favor except in few localities.

Water Bread

2 cups boiling water
1 tablespoon butter
1 tablespoon lard
2 tablespoons sugar
2½ teaspoons salt
¼ yeast cake dissolved in
¼ cup lukewarm water
6 cups sifted flour

Put butter, lard, sugar, and salt in bread raiser, or large bowl without a lip; pour on boiling water; when lukewarm, add dissolved yeast cake and five cups of flour; then stir until thoroughly mixed, using a knife or mixing-spoon. Add remaining flour, mix, and turn on a floured board, leaving a clean bowl; knead to mix ingredients until mixture is smooth, elastic to touch, and bubbles may be seen under the surface. Some practice is required to knead quickly, but the motion once acquired will never be forgotten. Return to bowl, cover with a clean cloth kept for the purpose, and board or tin cover; let rise over night in temperature of 65° F. In morning cut down: this is accomplished by cutting through and turning over dough several times with a case knife, and checks fermentation for a short time; dough may be again raised, and recut down if it is not convenient to shape into loaves or biscuits after first cutting. When properly cared for, bread need never sour. Toss on board slightly floured, knead to distribute air, shape into loaves or biscuits, place in greased pans, having pans nearly half full. Cover, let rise again to double its bulk, and bake in hot oven. (See Baking of Bread and Time-Table for Baking.) This recipe will make a double loaf of bread and pan of biscuit. Bread shortened with butter has a good flavor, but is not as white as when lard is used.

Milk and Water Bread

1 cup scalded milk
1 cup boiling water
1 tablespoon lard
1 tablespoon butter
2½ teaspoons salt
2 tablespoons sugar
1 yeast cake dissolved in
¼ cup lukewarm water
6 cups sifted flour, or one cup white flour and enough entire wheat flour to knead

Prepare and bake as Water Bread. When entire wheat flour is used add three tablespoons molasses. Bread may be mixed, raised, and baked in five hours, by using one yeast cake. Bread made in this way has proved most satisfactory. It is usually mixed in the morning, and the cook is able to watch the dough while rising and keep it at uniform temperature. It is often desirable to place bowl containing dough in pan of water, keeping water at uniform temperature of from 95° to 100° F. Cooks who have not proved themselves satisfactory bread makers are successful when employing this method.

Entire Wheat Bread

2 cups scalded milk
¼ cup sugar or
⅓ cup molasses
2 teaspoons salt
1 yeast cake dissolved in
¼ cup lukewarm water
4⅔ cups coarse entire wheat flour

Add sweetening and salt to milk; cool, and when lukewarm add dissolved yeast cake and flour; beat well, cover, and let rise to double its bulk. Again beat, and turn into greased bread pans, having pans one-half full; let rise, and bake. Entire Wheat Bread should not quite double its bulk during last rising. This mixture may be baked in gem pans.

Caraway Bread

Follow recipe for Milk and Water Bread using rye flour in place of entire wheat flour, and one tablespoon sugar for sweetening. After first rising while kneading add one-third tablespoon caraway seed. Shape, let rise again, and bake in a loaf.

Entire Wheat and White Flour Bread

Use same ingredients as for Entire Wheat Bread, with exception of flour. For flour use three and one-fourth cups entire wheat and two and three-fourths cups white flour. The dough should be slightly kneaded, and if handled quickly will not stick to board. Loaves and biscuits should be shaped with hands instead of pouring into pans, as in Entire Wheat Bread.

Family White Loaf

[Made of Condensed Milk]

1 tablespoon lard
1 tablespoon butter
2 teaspoons salt
1¾ cups boiling water
¼ cup condensed milk
1 yeast cake
¼ cup lukewarm water
6 cups sifted flour

Put lard, butter, and salt in bread mixer or bowl without a lip; pour on boiling water and condensed milk, and, when lukewarm, add yeast cake, broken in pieces and dissolved in lukewarm water, and five cups flour. Stir until thoroughly mixed, add remaining flour, toss on a slightly floured board and knead until mixture is smooth. Return to bowl and cover with a clean cloth and board or tin cover. Let rise at a temperature of 65° F. until mixture has doubled its bulk, the time required being about three hours. Cut down, toss on a slightly floured board, shape into two double loaves and put in buttered pans. Cover, again let rise, and bake in a hot oven fifty-five minutes.

Currant Loaf

Use recipe for Family White Loaf. When shaping into loaves, knead in one-third cup cleaned dried currants.

Graham Bread

2 cups hot liquid (water, or milk and water)
⅓ cup molasses
2½ teaspoons salt
¼ yeast cake dissolved in ¼ cup lukewarm water
3 cups flour
3 cups Graham flour

Prepare and bake as Entire Wheat Bread. The bran remaining in sieve after sifting Graham flour should be discarded. If used for muffins, use two and one-half cups liquid.

Third Bread

2 cups lukewarm water
1 yeast cake
½ tablespoon salt
½ cup molasses
1 cup rye flour
1 cup granulated corn meal
3 cups flour

Dissolve yeast cake in water, add remaining ingredients, and mix thoroughly. Let rise, shape, let rise again, and bake as Entire Wheat Bread.

Rolled Oats Bread

2 cups boiling water
½ cup molasses
½ tablespoon salt
1 tablespoon butter
½ yeast cake dissolved in ½ cup lukewarm water
1 cup rolled oats
5 cups flour

Add boiling water to oats and let stand one hour; add molasses salt, butter, dissolved yeast cake, and flour; let rise, beat thoroughly, turn into buttered bread pans, let rise again, and bake. To make

shaping of biscuits easy, take up mixture by spoonfuls, drop into plate of flour, and have palms of hands well covered with flour before attempting to shape, or drop from spoon into buttered muffin tins.

Graham Raised Loaf

2 cups milk
6 tablespoons molasses
1½ teaspoons salt
⅓ yeast cake
¼ cup lukewarm water
2 cups sifted Graham flour
½ cup Graham bran
Flour

Scald milk and add molasses and salt. When lukewarm, add yeast cake dissolved in water, Graham flour and Graham bran, and white flour to knead. Cover, let rise, shape into loaves, again let rise, and bake in a hot oven.

German Caraway Bread

2 cups scalded milk
2 tablespoons sugar
2 tablespoons butter
1 teaspoon salt
1 yeast cake
½ cup lukewarm water
2 tablespoons caraway seeds
6 cups rye flour
1½ cups entire wheat flour

Add sugar, butter, and salt to scalded milk. When mixture is lukewarm add yeast cake dissolved in lukewarm water, caraway seeds, and rye flour. Turn on a board and knead, while incorporating entire wheat flour. Return to bowl, cover and let rise until mixture has doubled its bulk. Shape into loaves, put in buttered bread pans, again cover, let rise, and bake in a hot oven.

Rye Bread

1 cup scalded milk
1 cup boiling water
1 tablespoon lard
1 tablespoon butter
⅓ cup brown sugar
1½ teaspoons salt
¼ yeast cake dissolved in
¼ cup lukewarm water
3 cups flour
Rye meal

To milk and water add lard, butter, sugar, and salt; when lukewarm, add dissolved yeast cake and flour, beat thoroughly, cover, and let rise until light. Add rye meal until dough is stiff enough to knead; knead thoroughly, let rise, shape in loaves, let rise again, and bake.

Date Bread

Use recipe for Health Food Muffins (see p. 65). After the first rising, while kneading, add two-thirds cup each of English walnut

meats cut in small pieces, and dates stoned and cut in pieces. Shape in a loaf, let rise in pan, and bake fifty minutes in a moderate oven. This bread is well adapted for sandwiches.

Boston Brown Bread

1 cup rye meal or barley flour
1 cup granulated corn meal
1 cup Graham flour or oat flour
¾ tablespoon soda
1 teaspoon salt
¾ cup molasses
2 cups sour milk, or 1¾ cups sweet milk or water

Mix and sift dry ingredients, add molasses and milk, stir until well mixed, turn into a well-buttered mould, and steam three and one-half hours. The cover should be buttered before being placed on mould, and then tied down with string; otherwise the bread in rising might force off cover. Mould should never be filled more than two-thirds full. A melon-mould or one-pound baking-powder boxes make the most attractive-shaped loaves, but a five-pound lard pail answers the purpose. For steaming, place mould on a trivet in kettle containing boiling water, allowing water to come half-way up around mould, cover closely, and steam, adding, as needed, more boiling water.

New England Brown Bread

1½ cups stale bread
3¼ cups cold water
¾ cup molasses
1½ teaspoons salt
Rye meal, Granulated corn meal, Graham flour — 1½ cups each
3 teaspoons soda

Soak bread in two cups of the water over night. In the morning rub through colander, add molasses, dry ingredients mixed and sifted, and remaining water. Stir until well mixed, fill buttered one-pound baking-powder boxes two-thirds full, cover, and steam two hours.

Indian Bread

1½ cups Graham flour
1 cup Indian meal
½ tablespoon soda
1 teaspoon salt
½ cup molasses
1⅔ cups milk

Mix and steam same as Boston Brown Bread.

Steamed Graham Bread

3 cups Arlington meal
1 cup flour
3½ teaspoons soda
1 teaspoon salt
1 cup molasses (scant)
2½ cups sour milk

Mix same as Boston Brown Bread and steam four hours. This bread may often be eaten when bread containing corn meal could not be digested.

Parker House Rolls

2 cups scalded milk
3 tablespoons butter
2 tablespoons sugar
2 teaspoons salt
1 yeast cake dissolved in
¼ cup lukewarm water
Flour (about 5½ cups)

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake and three cups of flour. Beat thoroughly, cover, and let rise until light; cut down, and add enough flour to knead (it will take about two and one-half cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit-cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one-half of each piece with melted butter, fold, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes. As rolls rise they will part slightly, and if hastened in rising are apt to lose their shape.

Parker House Rolls may be shaped by cutting or tearing off small pieces of dough, and shaping round like a biscuit; place in rows on floured board, cover, and let rise fifteen minutes. With handle of large wooden spoon, or toy rolling-pin, roll through centre of each biscuit, brush edge of lower halves with melted butter, fold, press lightly, place in buttered pan one inch apart, cover, let rise, and bake.

Salad or Dinner Rolls

Use same ingredients as for Parker House Rolls, allowing one-fourth cup butter. Shape in small biscuits, place in rows on a floured board, cover with cloth and pan, and let rise until light and well puffed. Flour handle of wooden spoon and make a deep crease in middle of each biscuit, take up, and press edges together. Place closely in buttered pan brushing with butter between biscuits, cover, let rise, and bake twelve to fifteen minutes in hot oven. From this same mixture crescents, braids, twists, bow-nots, clover leaves, and other fancy shapes may be made.

Reception Rolls

Use recipe for Salad Rolls.

Swedish Rolls

Use recipe for Salad Rolls. Roll to one-fourth inch thickness, spread with butter, and sprinkle with two tablespoons sugar mixed with one-third teaspoon cinnamon, one-third cup stoned raisins finely chopped, and two tablespoons chopped citron; roll up like jelly roll, and cut in three-fourths inch pieces. Place pieces in pan close together, flat side down. Again let rise, and bake in a hot oven. When rolls are taken from oven, brush over with white of egg slightly beaten, diluted with one-half tablespoon water; return to oven to dry egg, and thus glaze top.

Sticks

1 cup scalded milk
¼ cup butter
1½ tablespoons sugar
½ teaspoon salt
1 yeast cake dissolved in
¼ cup lukewarm water
White 1 egg
3½ cups flour

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, white of egg well beaten, and flour. Knead, let rise, shape, let rise again, and start baking in a hot oven, reducing heat, that sticks may be crisp and dry. To shape sticks, first shape as small biscuits, roll on board (where there is no flour) with hands until eight inches in length, keeping of uniform size and rounded ends, which may be done by bringing fingers close to, but not over, ends of sticks.

Salad Sticks

Follow recipe for Sticks. Let rise, and add salt to dough, allowing two teaspoons to each cup of dough. Shape in small sticks, let rise again, sprinkle with salt, and bake in a slow oven. If preferred glazed, brush over with egg yolk slightly beaten and diluted with one-half tablespoon cold water.

Sweet French Rolls

1 cup milk
1 yeast cake dissolved in
¼ cup lukewarm water
Flour
¼ cup sugar
1 teaspoon salt
1 egg
Yolk one egg
⅛ teaspoon mace
¼ cup melted butter

Scald milk; when lukewarm, add dissolved yeast cake and one and one-half cups flour; beat well, cover, and let rise until light. Add sugar, salt, eggs well beaten, mace, and butter, and enough more flour to knead; knead, let rise again, shape, and bake same as Salad Rolls, or roll in a long strip to one-fourth inch in thickness, spread with butter, roll up like jelly roll, and cut in one-inch pieces. Place pieces in pan close together, flat side down. A few gratings from the rind of a lemon or one-half teaspoon lemon extract may be substituted in place of mace.

Luncheon Rolls

½ cup scalded milk
2 tablespoons sugar
½ teaspoon salt
½ yeast cake dissolved in
2 tablespoons lukewarm water
2 tablespoons melted butter
1 egg
Few gratings from rind of lemon
Flour

Add sugar and salt to milk; when lukewarm, add dissolved yeast cake and three-fourths cup flour. Cover and let rise; then add butter, egg well beaten, grated rind of lemon, and one and one-fourth cups flour. Let rise again, roll to one-half inch thickness, shape with small biscuit-cutter, place in buttered pan close together, let rise again, and bake. These rolls may be ready to serve in three hours if one and one-half yeast cakes are used. An excellent substitute for Brioche mixture.

Rasped Rolls

1½ cups scalded milk
2 tablespoons butter
½ tablespoon sugar
¾ teaspoon salt
1 yeast cake
2 tablespoons lukewarm water
3½ cups flour

Add butter, sugar, and salt to milk, and when lukewarm add yeast cake dissolved in water, and three cups flour. Beat five minutes, cover, and let rise until mixture has doubled its bulk. Cut down, add remaining flour, and beat five minutes. Cover and again let rise. Toss on a slightly floured board and knead thoroughly. Shape in biscuits, then roll from centres, using the hands, forming rolls four inches long and pointed at ends, arrange on a buttered sheet, cover, let rise, and bake in a hot oven. Cool slightly, remove outside crust with grater, return to oven and bake five minutes.

Crossett Rolls

Scald one cup milk, turn into mixing bowl (without a lip), and add one tablespoon, each, lard and sugar, and three-fourths teaspoon salt. When lukewarm, add one yeast cake, dissolved in one-fourth cup lukewarm water, and flour to knead, the amount required being about two and one-half cups. Toss on a slightly floured cloth, knead, return to bowl, cover and let rise until mixture has doubled its bulk. Put in ice box and let stand until chilled. Toss on a floured cloth, pat, and roll into a long rectangle one-fourth inch in thickness. Dot over with four tablespoons butter and fold from ends towards centre, making three layers. Turn one-fourth way around, pat, roll out as before, and dot over with butter; repeat twice. Put in ice box and let chill for two hours. Toss on a floured cloth, pat, and roll as thin as possible. Cut in four-inch squares and squares in halves on the diagonal, using a sharp knife. Roll, beginning on the diagonal and shape in crescent fashion. Place on buttered sheet, again chill in ice box twenty minutes, and bake in a hot oven.

French Rusks

2 cups scalded milk
¼ cup butter
¼ cup sugar
1 teaspoon salt
1 yeast cake dissolved in ¼ cup lukewarm water
Flour
1 egg
Yolks 2 eggs
Whites 2 eggs
¾ teaspoon vanilla

Add butter, sugar, and salt to scalded milk; when lukewarm add dissolved yeast cake and three cups flour. Cover and let rise; add egg and egg yolks well beaten, and enough flour to knead. Let rise again, and shape as Parker House Rolls. Before baking, make three parallel creases on top of each roll. When nearly done, brush over with whites of eggs beaten slightly, diluted with one tablespoon cold water and vanilla. Sprinkle with sugar.

Rusks (Zweiback)

½ cup scalded milk
½ teaspoon salt
2 yeast cakes
¼ cup sugar
¼ cup melted butter
3 eggs
Flour

Add yeast cakes to milk when lukewarm; then add salt and one cup flour, and let rise until very light. Add sugar, butter, eggs unbeaten, and flour enough to handle.

Shape as finger rolls, and place close together on a buttered sheet in parallel rows, two inches apart; let rise again and bake twenty minutes. When cold, cut diagonally in one-half inch slices, and brown evenly in oven.

German Coffee Bread

1 cup scalded milk
⅓ cup butter, or butter and lard
¼ cup sugar
½ teaspoon salt
1 egg
⅓ yeast cake dissolved in ¼ cup lukewarm milk
½ cup raisins, stoned and cut in pieces

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, egg well beaten, flour to make stiff batter, and raisins; cover, and let rise over night; in morning spread in buttered dripping-pan one-half inch thick. Cover and let rise again. Before baking brush over with beaten egg, and cover with following mixture: Melt three tablespoons butter, add one-third cup sugar and one teaspoon cinnamon. When sugar is partially melted, add three tablespoons flour.

Coffee Cakes (Brioche)

1 cup scalded milk
4 yolks of eggs
3 eggs
⅔ cup butter
½ cup sugar
2 yeast cakes
½ teaspoon extract lemon or 2 pounded cardamon seeds
4⅔ cups flour

French Confectioner

Cool milk; when lukewarm, add yeast cakes, and when they are dissolved add remaining ingredients, and beat thoroughly with hand ten minutes; let rise six hours. Keep in ice box over night; in morning turn on floured board, roll in long rectangular piece one-fourth inch thick; spread with softened butter, fold from sides toward centre to make three layers. Cut off pieces three-fourths inch wide; cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, coil and bring ends together at top of cake. Let rise in pans and bake twenty minutes in a moderate oven; cool and brush over with confectioners' sugar, moistened with boiling water to spread, and flavored with vanilla.

Holland Brioche Cakes

1 cup scalded milk
⅓ cup sugar
⅓ yeast cake
1½ cups flour
2 eggs
⅓ cup melted butter
¼ teaspoon salt
Grated rind ½ lemon
Juice ½ lemon
1½ cups flour

Add sugar to milk, and when mixture is lukewarm, add yeast cake broken in pieces, and when yeast cake is dissolved, add flour, cover and let rise until full of bubbles. Add eggs, well beaten, and remaining ingredients. Cover and again let rise. Toss on a slightly floured board, pat and roll in long rectangular piece one-fourth inch thick; spread with softened butter and fold from sides towards centre to make three layers. Cut off pieces three-fourths inch wide; cover, and let rise. Shape, let rise in pans, bake and frost same as Coffee Cakes (Brioche).

Coffee Rolls

2 cups milk
1½ yeast cakes
Butter, Lard, Sugar ½ cup each
Flour
1 egg
½ teaspoon cinnamon
1 teaspoon salt
Melted butter
Confectioners' sugar
Vanilla

Scald milk, when lukewarm add yeast cakes, and as soon as dissolved add three and one-half cups flour. Beat thoroughly, cover, and let rise; then add butter, lard, sugar, egg unbeaten, cinnamon, salt, and flour enough to knead. Knead until well mixed, cover, and let rise. Turn mixture on a floured coth. Roll into a long, rectangular piece one-fourth inch thick. Brush over with melted butter, fold from ends toward centre to make three layers and cut off pieces three-fourths inch wide. Cover and let rise. Take each piece separately in hands and twist from ends in opposite directions, then shape in a coil. Place in buttered pans, cover, again let rise, and bake in a moderate oven twenty minutes. Cool slightly, and brush over with confectioners' sugar moistened with boiling water and flavored with vanilla.

Swedish Bread

2½ cups scalded milk
1 yeast cake
Flour
⅓ cup melted butter
⅔ cup sugar
1 egg, well beaten
¼ teaspoon salt
1 teaspoon almond extract

Add yeast cake to one-half cup milk which has been allowed to cool until lukewarm; as soon as dissolved add one-half cup flour, beat thoroughly, cover, and let rise. When light, add remaining milk and four and one-half cups flour. Stir until thoroughly mixed, cover, and again let rise; then add remaining ingredients and one and one-half cups flour. Toss on a floured cloth and knead, using one-half cup flour, cover, and again let rise. Shape as Swedish Tea Braid or Tea Ring I or II, and bake.

Swedish Tea Braid. Cut off three pieces of mixture of equal size and roll, using the hands, in pieces of uniform size; then braid. Put on a buttered sheet, cover, let rise, brush over with yolk of one egg, slightly beaten, and diluted with one-half tablespoon cold water, and sprinkle with finely chopped blanched almonds. Bake in a moderate oven.

Swedish Tea Ring I. Shape as Tea Braid, form in shape of ring, and proceed as with Tea Braid, having almonds cut in slices crosswise.

Swedish Tea Ring II. Take one-third Swedish Bread mixture and shape, using the hands, in a long roll. Put on an unfloured board and roll, using a rolling-pin, as thinly as possible. Mixture will adhere to board but may be easily lifted with a knife. Spread with melted butter, sprinkle with sugar and chopped blanched almonds or cinnamon. Roll like a jelly roll, cut a piece from each end and join ends to form ring. Place on a buttered sheet, and cut with scissors and shape (see illustration). Let rise, and proceed as with Tea Ring I.

Swedish Wreaths

Work into one cup bread dough one-half cup butter and one-fourth cup lard, using the hands. When thoroughly blended toss on a floured board and knead, using just enough flour to prevent sticking. Cut off pieces and roll same as very small bread sticks; then shape into rings. Dip upper surface in Jordan almonds, blanched, chopped, and seasoned with salt. Arrange on buttered baking sheet and bake in a hot oven until delicately browned.

Dutch Apple Cake

1 cup scalded milk
⅓ cup butter
⅓ cup sugar
⅓ teaspoon salt
1 yeast cake
2 eggs
2¾ cups flour
Melted butter
5 sour apples
¼ cup sugar
½ teaspoon cinnamon
2 tablespoons currants

Mix first four ingredients. When lukewarm add yeast cake, eggs unbeaten, and flour to make a soft dough. Cover, let rise, beat thoroughly, and again let rise. Spread in a buttered dripping-pan as thinly as possible and brush over with melted butter. Pare, cut in eighths, and remove cores from apples.

Press sharp edges of apples into the dough in parallel rows lengthwise of pan. Sprinkle with sugar mixed with cinnamon and sprinkle with currants. Cover, let rise, and bake in a moderate oven thirty minutes. Cut in squares and serve hot or cold with whipped cream sweetened and flavored.

Buns

1 cup scalded milk
⅓ cup butter
⅓ cup sugar
1 yeast cake dissolved in
¼ cup lukewarm water
½ teaspoon salt
½ cup raisins stoned and cut in quarters
1 teaspoon extract lemon
Flour, cinnamon

Add one-half sugar and salt to milk; when lukewarm add dissolved yeast cake and one and one-half cups flour; cover, and let rise until light; add butter, remaining sugar, raisins, lemon, and flour to make a dough; let rise, shape like biscuits, let rise again, and bake. If wanted glazed, brush over with beaten egg before baking.

Russell Buns

1¼ cups scalded milk
1 yeast cake
¼ cup lukewarm water
3¾ cups flour
½ cup sugar
1 teaspoon cinnamon
1 teaspoon salt
2 eggs
1 tablespoon butter
1 tablespoon lard
½ cup currants

Break yeast cake in pieces, dissolve in water and add milk after it has become lukewarm. Add three cups flour, cover and let rise until mixture is light. Add remaining flour with other ingredients, except currants, cover, and again let rise until mixture has doubled its bulk. Turn on a floured cloth and knead in the currants. Shape in the form of biscuits, place in buttered pan close together, cover and let rise. Brush tops with milk and bake in a hot oven twenty-five minutes. Take from oven, brush over with melted butter and sprinkle with powdered sugar.

Hot Cross Buns I

1 cup scalded milk
¼ cup sugar
2 tablespoons butter
½ teaspoon salt
½ yeast cake dissolved in
¼ cup lukewarm water
¾ teaspoon cinnamon
3 cups flour
1 egg
¼ cup raisins stoned and quartered, or
¼ cup currants

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed, add raisins, cover, and let rise over night. In morning, shape in forms of large biscuits, place in pan one inch apart, let rise, brush over with beaten egg, and bake twenty minutes; cool, and with ornamental frosting make a cross on top of each bun.

Hot Cross Buns II

1 cup scalded milk
1 tablespoon sugar
1 yeast cake
1 cup flour
⅔ teaspoon salt
¼ cup butter
1 tablespoon lard
¼ cup sugar
Grated rind ½ lemon
½ cup raisins or currants
Flour

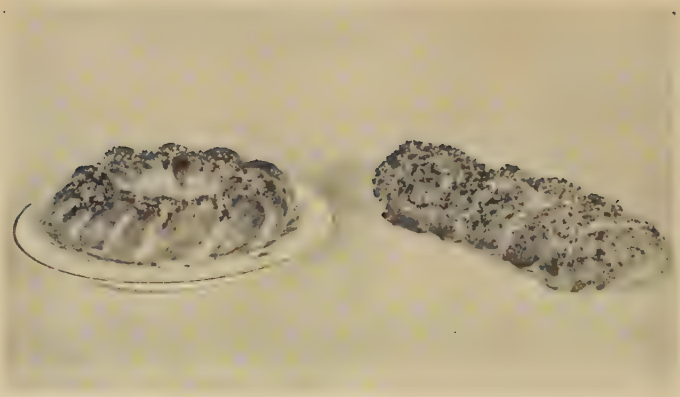
Add sugar to milk, and when lukewarm, add yeast cake, broken in small pieces. Cover and let stand twenty minutes; then add one cup flour, and salt; cover and let rise until light. Work butter and lard until creamy and add sugar, gradually, and lemon rind. Combine mixtures and add flour to make a stiff batter (the amount required being about one and one-half cups). Cover, again let rise, add raisins (seeded and cut in pieces) or currants, and enough more flour to make a soft dough. Cover, again let rise, shape in the form of large biscuits, arrange on buttered tin sheet one inch apart, cover, let rise, brush over with yolk of egg diluted with one teaspoon cold water, and bake in a hot oven twenty-five minutes. Remove from oven and garnish top of each with cross made of ornamental frosting forced through a pastry bag and tube.

Moravian Bread

1 yeast cake
¼ cup lukewarm water
1 cup hot mashed potatoes
2 cups scalded milk
2½ cups flour
1 egg
¾ cup shortening
1 cup sugar
2 teaspoons salt
2¾ cups flour

Coffee Cakes (Brioche). — *Page 58.*

Sweet French Rolls. — *Page 55.*



Swedish Tea Ring; Swedish Tea Braid. — *Page 60*

Swedish Tea Ring II before Baking. — *Page 60.*

Dissolve yeast cake in lukewarm water and add potatoes, scalded milk, which has become lukewarm, and two and one-half cups flour. Cover and let rise until light; then add egg, well beaten, shortening, using equal parts of lard and butter, sugar, salt, and remaining flour. Turn into a buttered dripping pan and spread evenly. Cover and again let rise until light. Brush over with melted butter and at two-inch intervals make parallel rows of three-fourths inch depressions, using the forefinger. In depressions thus made put a bit of butter and fill with brown sugar. Sprinkle with two tablespoons brown sugar mixed with one teaspoon cinnamon and bake in a moderate oven thirty-five minutes.

Cincinnati Coffee Bread

Put one-third cup sugar, one-third cup butter, and one-half teaspoon salt in bowl, and pour over one cup scalded milk. When lukewarm, add one yeast cake, dissolved in one-fourth cup lukewarm water, two eggs, slightly beaten, and enough flour to make a stiff batter. Cover and let rise until mixture has doubled its bulk. Cut down, beat thoroughly and spread evenly in two buttered, round layer-cake tins. Sprinkle with Nut Mixture, let rise and bake in a hot oven forty minutes. By using two yeast cakes the bread is ready for the table in three hours.

Nut Mixture. Mix two tablespoons sugar and three-fourths teaspoon cinnamon and add three-fourths cup soft, stale bread crumbs, two tablespoons melted butter, and three tablespoons chopped, blanched Jordan almonds.

Fried Bread

Toss a piece of raised bread dough on a floured cloth and pat and roll to one-eighth inch in thickness. Cut in strips two and one-half inches wide and cut strips in squares or diamond-shaped pieces. Cover and let stand from ten to fifteen minutes. Fry in deep fat until well puffed and delicately browned; drain on brown paper and serve with maple syrup.

Cream Bread Fingers

½ cup heavy cream	1 yeast cake
2 tablespoons sugar	¼ cup lukewarm water
¼ tablespoon salt	1½ cups flour

Scald cream, and add sugar and salt; when lukewarm, add yeast cake dissolved in lukewarm water and flour. Toss on a slightly floured

board and knead. Return to bowl, cover, let rise, toss on a slightly floured board, and pat and roll to one-fourth inch in thickness. Shape with a lady-finger cutter, first dipped in flour, arrange on a buttered tin sheet, cover, again let rise, and bake in a moderate oven. Brush over with two tablespoons milk, mixed with one tablespoon sugar, and return to oven to glaze. By using one and one-half yeast cakes the process may be accomplished in three hours.

Raised Muffins

1 cup scalded milk
1 cup boiling water
2 tablespoons butter
¼ cup sugar
¾ teaspoon salt
¼ yeast cake
1 egg
4 cups flour

Add butter, sugar, and salt to milk and water; when lukewarm, add yeast cake, and when dissolved, egg well beaten, and flour; beat thoroughly, cover, and let rise over night. In morning, fill buttered muffin rings two-thirds full; let rise until rings are full, and bake thirty minutes in hot oven.

Grilled Muffins

Put buttered muffin rings on a hot greased griddle. Fill one-half full with raised muffin mixture, and cook slowly until well risen and browned underneath; turn muffins and rings and brown the other side. This is a convenient way of cooking muffins when oven is not in condition for baking.

English Muffins

½ cup scalded milk
½ cup water
1 yeast cake
1 teaspoon salt
2 cups bread flour

Put milk and water in mixing bowl and when lukewarm, add yeast cake broken in pieces and when yeast cake has dissolved, add salt and flour. Stir thoroughly and let rise. Cut down and let rise until mixture has increased half its bulk. Sift flour lightly into dripping pans, make impressions with a measuring cup, drop dough in impressions, dust with flour, and let rise until very light. Lift carefully and cook fifteen minutes on a hot buttered griddle, turning several times during the cooking. If greased muffin rings are available, they may be used instead of shaping the muffins in flour.

Raised Hominy Muffins

1 cup warm cooked hominy
¼ cup butter
1 cup scalded milk
3 tablespoons sugar
1 teaspoon salt
¼ yeast cake
¼ cup lukewarm water
3½ cups flour

Mix first five ingredients; when lukewarm add yeast cake, dissolved in lukewarm water and flour. Cover, and let rise over night. In the morning cut down, fill buttered gem pans two-thirds full, let rise one hour, and bake in a moderate oven. Unless cooked hominy is rather stiff more flour will be needed.

Raised Rice Muffins

Make same as Raised Hominy Muffins, substituting one cup hot boiled rice in place of hominy, and adding the whites of two eggs beaten until stiff.

Raised Oatmeal Muffins

¾ cup scalded milk
¼ cup sugar
½ teaspoon salt
¼ yeast cake dissolved in
¼ cup lukewarm milk
1 cup cold cooked oatmeal
2½ cups flour

Add sugar and salt to scalded milk; when lukewarm, add dissolved yeast cake. Work oatmeal into flour with tips of fingers, and add to first mixture; beat thoroughly, cover, and let rise over night. In morning, fill buttered iron gem pans two-thirds full, let rise on back of range that pan may gradually heat and mixture rise to fill pan. Bake in moderate oven twenty-five to thirty minutes.

Health Food Muffins

1 cup warm wheat mush
¼ cup brown sugar
½ teaspoon salt
1 tablespoon butter
¼ yeast cake
¼ cup lukewarm water
2¼ cups flour

Mix first four ingredients, add yeast cake dissolved in lukewarm water, and flour; then knead. Cover, and let rise over night. In morning cut down, fill buttered gem pans two-thirds full, again let rise, and bake in a moderate oven. This mixture, when baked in a loaf, makes a delicious bread.

Squash Biscuits

½ cup squash (steamed and sifted)
¼ cup sugar
½ teaspoon salt
½ cup scalded milk
¼ yeast cake dissolved in
¼ cup lukewarm water
¼ cup butter
2½ cups flour

Add squash, sugar, salt, and butter to milk; when lukewarm, add dissolved yeast cake and flour; cover, and let rise over night. In morning shape into biscuits, let rise, and bake.

Imperial Muffins

1 cup scalded milk
¼ cup sugar
½ teaspoon salt
⅓ yeast cake dissolved in
1¾ cups flour
1 cup corn meal
¼ cup butter
¼ cup lukewarm water

Add sugar and salt to milk; when lukewarm add dissolved yeast cake, and one and one-fourth cups flour. Cover, and let rise until light, then add corn meal, remaining flour, and butter. Let rise over night; in the morning fill buttered muffin rings two-thirds full; let rise until rings are full and bake thirty minutes in hot oven.

Tea Cakes

1 cup scalded milk
4 tablespoons butter
2 tablespoons sugar
1 teaspoon salt
1 yeast cake
2 tablespoons milk
1 egg
3 cups flour

Add butter, sugar, and salt to scalded milk. When mixture is lukewarm, add yeast cake dissolved in two tablespoons milk, egg slightly beaten, and flour. Cover and let rise until mixture has doubled its bulk. Cut down and fill buttered muffin tins two-thirds full. Cover, again let rise, and bake in a moderate oven.

Sally Lunn Tea Cakes

2 tablespoons butter
2 tablespoons sugar
½ teaspoon salt
1 cup scalded milk
½ yeast cake
¼ cup lukewarm water
3 eggs
Flour

Put butter, sugar, and salt in bowl, pour over scalded milk, and when lukewarm, add yeast cake dissolved in lukewarm water, eggs well beaten, and enough flour to make a stiff batter. Cover and let

rise until very light. Fill buttered muffin tins (set in buttered dripping pan) one-half full of mixture; cover, again let rise, and bake in a hot oven.

Flume Flannel Cakes

1½ cups milk	½ teaspoon salt
¼ cup sugar	½ yeast cake
⅓ cup butter	4 cups flour

Whites 2 eggs

Scald milk and add sugar, butter, and salt; when lukewarm add yeast cake and, when yeast cake is dissolved, flour. Mix thoroughly and add egg whites beaten until stiff. Cover and let rise over night, in the morning cut down, turn into buttered iron gem pans, having pans one-half full of mixture. Let rise, and bake in a hot oven twenty minutes.

Dry Toast

Cut stale bread in one-fourth inch slices. Crust may or may not be removed. Toast, turning frequently, on rack under gas flame in gas oven or put slices on wire toaster, lock toaster and place over clear fire to dry, holding some distance from coals; turn and dry other side. Hold nearer to coals and color a golden brown on each side. Toast, if piled compactly and allowed to stand, will soon become moist. Toast may be buttered at table or before sending to table.

Water Toast

Dip slices of dry toast quickly in boiling salted water, allowing one-half teaspoon salt to one cup boiling water. Spread slices with butter, and serve at once.

Cinnamon Toast

Cut stale bread in one-fourth inch slices, remove crusts, and cut in three pieces, crosswise. Toast, spread with butter, and sprinkle with sugar, mixed with cinnamon, using three parts sugar to one part cinnamon. Let stand in oven until sugar has melted.

Milk Toast I

1 pint scalded milk	½ teaspoon salt
2 tablespoons butter	4 tablespoons cold water
2½ tablespoons bread flour	6 slices dry toast

Add cold water gradually to flour to make a smooth, thin paste. Add to milk, stirring constantly until thickened, cover, and cook

twenty minutes; then add salt and butter in small pieces. Dip slices of toast separately in sauce; when soft, remove to serving dish. Pour remaining sauce over all.

Milk Toast II

Use ingredients given in Milk Toast I, omitting cold water, and make as White Sauce I. Dip toast in sauce.

Brown Bread Milk Toast

Make same as Milk Toast, using slices of toasted brown bread in place of white bread. Brown bread is better toasted by first drying slices in oven.

Cream Toast

Substitute cream for milk, and omit butter in recipe for Milk Toast I or II.

Tomato Cream Toast

1½ cups stewed and strained tomato
½ cup scalded cream
¼ teaspoon soda
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
6 slices toast

Put butter in saucepan; when melted and bubbling, add flour, mixed with salt, and stir in gradually tomato, to which soda has been added, then add cream. Dip slices of toast in sauce. Serve as soon as made.

German Toast

3 eggs
½ teaspoon salt
2 tablespoons sugar
1 cup milk
6 slices stale bread

Beat eggs slightly, add salt, sugar, and milk; strain into a shallow dish. Soak bread in mixture until soft. Cook on a hot, well-greased griddle; brown on one side, turn and brown other side. Serve for breakfast or luncheon, or with a sauce for dessert.

Brewis

Break stale bits or slices of brown and white bread in small pieces, allowing one and one-half cups brown bread to one-half cup white bread. Butter a hot frying pan, put in bread, and cover with equal parts milk and water. Cook until soft; add butter and salt to taste.

Bread for Garnishing

Dry toast is often used for garnishing, cut in various shapes. Always shape before toasting. Cubes of bread, toast points, and small oblong pieces are most common. Cubes of stale bread, from which centres are removed, are fried in deep fat and called croûstades; half-inch cubes, browned in butter, or fried in deep fat, are called croûtons.

Uses for Stale Bread

All pieces of bread should be saved and utilized. Large pieces are best for toast. Soft stale bread, from which crust is removed, when crumbed, is called stale bread crumbs, or raspings, and is used for puddings, griddle-cakes, omelets, scalloped dishes, and dipping food to be fried. Remnants of bread, from which crusts have not been removed, are dried in oven, rolled, and sifted. These are called dry bread crumbs, and are useful for crumbing croquettes, cutlets, fish, meat, etc.

CHAPTER V

BISCUITS, MUFFINS, DOUGHNUTS, GRIDDLE-CAKES, AND SHORTCAKES

Batters, Sponges, and Doughs

BATTER is a mixture of flour and some liquid (usually combined with other ingredients, as sugar, salt, eggs, etc.), of consistency to pour easily, or to drop from a spoon.

Batters are termed thin or thick, according to their consistency.

Sponge is a batter to which yeast is added.

Dough differs from batter inasmuch as it is stiff enough to be handled.

Cream Scones

2 cups flour
4 teaspoons baking powder
2 teaspoons sugar
½ teaspoon salt
4 tablespoons butter
2 eggs
⅓ cup cream, or milk and water in equal parts

Mix and sift flour, baking powder, sugar, and salt. Work in butter with tips of fingers; add eggs well beaten (reserving a small amount of unbeaten white) and cream. Toss on a floured board, pat, and roll to three-fourths inch in thickness. Cut in squares, brush with reserved white, sprinkle with sugar, and bake in a hot oven fifteen minutes.

Baking Powder Biscuit I

2 cups bread flour
5 teaspoons baking powder
1 teaspoon salt
2 tablespoons lard
1 cup milk and water in equal parts

Mix dry ingredients, and sift twice.

Work in lard with tips of fingers; add gradually the liquid, mixing with knife to a soft dough. It is impossible to determine the exact amount of liquid, owing to differences in flour. Toss on a floured board, pat and roll lightly to one-half inch in thickness. Shape with a biscuit-cutter. Place on buttered pan, and bake in hot oven twelve to fifteen minutes. If baked in too slow an oven, the gas will escape before it has done its work.

Baking Powder Biscuit II

2 cups bread flour
5 teaspoons baking powder
2 tablespoons butter
1 cup milk
½ teaspoon salt

Mix and bake as Baking Powder Biscuit I.

Emergency Drop Muffins

1½ cups pastry flour
3½ teaspoons baking powder
¾ teaspoon salt
3 tablespoons lard
⅓ cup milk
⅓ cup water

Mix and sift flour, baking powder, and salt. Work in lard, using the tips of the fingers; then add milk and water, mixing quickly. Drop by spoonfuls into buttered, hot iron gem pans, and bake in a hot oven fifteen minutes.

Fruit Rolls (Pin Wheel Biscuit)

2 cups flour
5 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
2 tablespoons butter
⅔ cup milk
⅓ cup stoned raisins (finely chopped)
2 tablespoons citron (finely chopped)
½ teaspoon cinnamon

Mix as Baking Powder Biscuit II. Roll to one-fourth inch thickness, brush over with melted butter, and sprinkle with fruit, sugar, and cinnamon. Roll like a jelly roll; cut off pieces three-fourths inch in thickness. Place on buttered tin, and bake in hot oven fifteen minutes. Currants may be used in place of raisins and citron.

Sardine Biscuits

Make small Baking Powder Biscuits. Split while hot, spread under parts with sardines (from which skin and bones have been removed) flaked, seasoned with salt and moistened with sardine oil. Put on tops and pile on a plate covered with a lace paper doily. An afternoon tea novelty.

Cheese Biscuits

1 cup bread flour
2½ teaspoons baking powder
½ teaspoon salt
½ tablespoon lard
½ tablespoon butter
⅜ cup milk and water in equal parts
½ cup grated cheese

Make and bake same as small Baking Powder Biscuits. Serve hot as an accompaniment to a dinner salad.

Twin Mountain Muffins

¼ cup butter
¼ cup sugar
½ teaspoon salt
1 egg
1 cup milk
2 cups bread flour
5 teaspoons baking powder

Cream the butter; add sugar gradually and egg well beaten; sift baking powder with flour, and add to the first mixture, alternating with milk. Bake in buttered tin gem pans twenty-five minutes.

One Egg Muffins I

3½ cups flour
6 teaspoons baking powder
1 teaspoon salt
1⅓ cups milk
3 tablespoons melted butter
1 egg
3 tablespoons sugar

Mix and sift dry ingredients; add gradually milk, egg well beaten, and melted butter. Bake in buttered gem pans twenty-five minutes. If iron pans are used they must be previously heated. This recipe makes thirty muffins. Use half the proportions given and a small egg, if half the number is required.

One Egg Muffins II

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons sugar
1 cup milk
2 tablespoons melted butter
1 egg

Mix and bake as One Egg Muffin I.

Berry Muffins I (without eggs)

2 cups flour
¼ cup sugar
4 teaspoons baking powder
2 tablespoons butter
1 cup milk (scant)
1 cup berries
½ teaspoon salt

Mix and sift dry ingredients; work in butter with tips of fingers; add milk and berries.

Berry Muffins II

¼ cup butter
⅓ cup sugar
1 egg
2⅔ cups flour
4 teaspoons baking powder
½ teaspoon salt
1 cup milk
1 cup berries

Cream the butter; add gradually sugar and egg well beaten; mix and sift flour, baking powder, and salt, reserving one-fourth cup flour to be mixed with berries and added last; the remainder alternately with milk.

Queen of Muffins

¼ cup butter
⅓ cup sugar
1 egg
½ cup milk (scant)
1½ cups flour
2½ teaspoons baking powder

Mix and bake same as Twin Mountain Muffins.

Manhattan Muffins

¼ cup butter
¼ cup sugar
1 egg
1 cup milk
2 cups bread flour
½ teaspoon salt
5 teaspoons baking powder

Cream butter, and add gradually, while beating constantly, sugar; then add egg well beaten, milk, and flour mixed and sifted with salt and baking powder. Beat thoroughly and bake in buttered gem pans in a hot oven twenty-five minutes.

Tea Muffins

3 tablespoons butter
½ cup sugar
1 egg
1 teaspoon soda
1 cup milk
2 cups flour
2 teaspoons cream of tartar
1 teaspoon salt

Cream butter, add sugar, gradually, and egg, well beaten; then add milk, alternately, with flour mixed and sifted with remaining ingredients. Turn into buttered gem pans and bake in a moderate oven from twenty to twenty-five minutes.

Rice Muffins

2¼ cups flour
¾ cup hot cooked rice
5 teaspoons baking powder
2 tablespoons sugar
1 cup milk
1 egg
2 tablespoons melted butter
½ teaspoon salt

Mix and sift flour, sugar, salt, and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan, or in buttered gem pans.

Oatmeal Muffins

1 cup cooked oatmeal
1½ cups flour
2 tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
½ cup milk
1 egg
2 tablespoons melted butter

Mix and bake as Rice Muffins.

Rolled Oats Muffins

2 cups rolled oats
1½ cups sour milk
¼ cup melted butter
⅓ cup sugar
1 egg, well beaten
1 teaspoon soda
½ teaspoon salt
1 cup flour

Soak rolled oats in sour milk over night. In the morning add remaining ingredients; fill buttered iron gem pans with mixture and bake in a hot oven twenty minutes.

Graham Muffins I

1¼ cups Graham flour
1 cup flour
1 cup sour milk
⅓ cup molasses
¾ teaspoon soda
1 teaspoon salt
2 tablespoons melted butter

Mix and sift dry ingredients; add milk to molasses, and combine mixtures; then add butter.

Graham Muffins II

1 cup Graham or entire wheat flour
¾ cup flour
¼ cup sugar
1 teaspoon salt
1 cup milk
1 egg
3 tablespoons melted butter
5 teaspoons baking powder

Mix and sift dry ingredients; add milk gradually, egg well beaten, and melted butter; bake in moderate oven in buttered gem pans twenty-five minutes.

Rye Muffins I

Make as Graham Muffins II, substituting rye meal for Graham flour.

Rye Muffins II

1¼ cups rye meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
1 egg
1 tablespoon melted butter

Mix and bake as Graham Muffins II, adding molasses with milk.

Rye Gems

1¾ cups rye flour
1⅓ cups flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup molasses
1¼ cups milk
2 eggs
3 tablespoons melted butter

Mix and sift dry ingredients, add molasses, milk, eggs well beaten, and butter. Bake in hot oven in buttered gem pans twenty-five minutes.

Rye Breakfast Gems

1 cup rye flour
1 cup bread flour
½ teaspoon salt
5 teaspoons baking powder
2 eggs
1 cup milk
2 tablespoons molasses

Mix and sift flour, salt, and baking powder; then add eggs, well beaten, milk, and molasses. Beat thoroughly, and bake in buttered gem pans in a hot oven twenty-five minutes.

Corn Meal Gems

½ cup corn meal
1 cup flour
3 teaspoons baking powder
1 tablespoon sugar
1 tablespoon melted butter
½ teaspoon salt
¾ cup milk
1 egg

Mix and bake as Graham Muffins II.

Hominy Gems

¼ cup hominy
½ teaspoon salt
½ cup boiling water
1 cup scalded milk
1 cup corn meal
3 tablespoons sugar
3 tablespoons butter
2 eggs
3 teaspoons baking powder

Add hominy mixed with salt to boiling water and let stand until hominy absorbs water. Add scalded milk to corn meal, then add sugar and butter. Combine mixtures, cool slightly, add yolks of eggs beaten until thick, and whites of eggs beaten until stiff. Sift in baking powder and beat thoroughly. Bake in hot buttered gem pans.

Berkshire Muffins

½ cup corn meal
½ cup flour
½ cup cooked rice
2 tablespoons sugar
½ teaspoon salt
⅔ cup scalded milk (scant)
1 egg
1 tablespoon melted butter
3 teaspoons baking powder

Turn scalded milk on meal, let stand five minutes; add rice, and flour mixed and sifted with remaining dry ingredients. Add yolk of egg well beaten, butter, and white of egg beaten stiff and dry.

Golden Corn Cake

1 cup corn meal
1 cup flour
¼ cup sugar
5 teaspoons baking powder
¾ teaspoon salt
1 cup milk
1 egg
2 tablespoons shortening

Mix and sift dry ingredients; add milk, egg well beaten, and shortening; bake in shallow buttered pan in hot oven twenty minutes. For shortening butter, chicken fat, or beef drippings may be used.

Corn Cake (sweetened with Molasses)

1 cup corn meal
¾ cup flour
3½ teaspoons baking powder
1 teaspoon salt
¼ cup molasses
¾ cup milk
1 egg
1 tablespoon melted shortening

Mix and bake as Golden Corn Cake, adding molasses to milk.

White Corn Cake

¼ cup butter
½ cup sugar
1⅓ cups milk
Whites 3 eggs
1¼ cups white corn meal
1¼ cups flour
4 teaspoons baking powder
1 teaspoon salt

Cream the butter; add sugar gradually; add milk, alternating with dry ingredients, mixed and sifted. Beat thoroughly; add whites of eggs beaten stiff. Bake in buttered cake pan thirty minutes.

Susie's Spider Corn Cake

1¼ cups corn meal
2 cups sour milk
1 teaspoon soda
1 teaspoon salt
2 eggs
2 tablespoons butter

Mix soda, salt, and corn meal; gradually add eggs well beaten and milk. Heat frying pan, grease sides and bottom of pan with butter, turn in the mixture, place on middle grate in hot oven, and cook twenty minutes.

White Corn Meal Cake

1 cup scalded milk
½ cup white corn meal
1 teaspoon salt

Add salt to corn meal, and pour on gradually milk. Turn into a buttered shallow pan to the depth of one-fourth inch. Bake in a moderate oven until crisp. Split and spread with butter.

Virginia Corn Cake

1 cup corn meal
½ cup flour
2 teaspoons baking powder
¾ teaspoon salt
1 egg
¼ cup sugar
½ cup milk
2 tablespoons melted butter

Mix and sift corn meal, flour, baking powder, and salt. Beat egg and add sugar. Combine mixtures and add milk and butter. Turn into a buttered pan and bake in a hot oven twenty minutes.

Corn Meal Crisps

⅞ cup corn meal
1 cup boiling water
2½ tablespoons melted butter
½ teaspoon salt

Add corn meal gradually to boiling water and when smooth add butter and salt. Spread evenly on a buttered inverted dripping pan to one-eighth inch in thickness, using a long, broad-bladed knife. Bake in a moderate oven until well browned. Cut in two and one-half inch squares, remove from pan and serve at once.

Forest Hall Corn Sticks

1 cup corn meal
¾ cup flour
3 teaspoons baking powder
½ teaspoon salt
½ cup hot, boiled hominy
¼ cup butter
1 cup milk
1 egg

Sift together corn meal, flour, baking powder, and salt; then add hominy, to which has been added butter, milk, and egg well beaten. Turn into buttered bread-stick pans and bake in a moderate oven twenty minutes.

Southern Spoon Corn Bread

2 cups white corn meal
2½ cups boiling water
1½ tablespoons melted butter
1½ teaspoons salt
Yolks 2 eggs
1½ cups buttermilk
1 teaspoon soda
Whites 2 eggs

Add corn meal gradually to boiling water and let stand until cool. Then add butter, salt, egg yolks, slightly beaten, and buttermilk mixed with soda. Beat two minutes and add whites of eggs beaten until stiff. Turn into a buttered pudding dish and bake in a hot oven forty minutes.

Littleton Spider Corn Cake

1⅓ cups corn meal
⅓ cup flour
1 cup sour milk
1 teaspoon soda (scant)
2 eggs
2 cups sweet milk
¼ cup sugar
½ teaspoon salt
1½ tablespoons butter

Mix and sift corn meal and flour and add sour milk mixed with soda, eggs, well beaten, one-half the sweet milk, sugar, and salt. Heat an iron frying-pan, add butter, and, when melted, turn in mixture. Pour over remaining milk and bake in a moderate oven fifty minutes. Cut in pie-shaped pieces for serving.

Southern Pone

1 pint milk
1 cup granulated Indian meal
1 teaspoon salt
3 tablespoons butter
2 eggs
1 teaspoon baking powder

Scald milk and add gradually Indian meal, salt, and butter. Cool slightly and add eggs, well beaten, and baking powder. Turn into a buttered earthen dish and bake in a moderate oven thirty-five minutes. Cut in pie-shaped pieces for serving.

Pop-overs

1 cup flour
¼ teaspoon salt
⅞ cup milk
2 eggs
½ teaspoon melted butter

Mix salt and flour; add milk gradually, in order to obtain a smooth batter. Add egg, beaten until light, and butter; beat two minutes, — using egg-beater, — turn into hissing-hot buttered iron gem pans and bake thirty to thirty-five minutes in hot oven. They may be baked in buttered earthen cups, when the bottom will have a glazed appearance. Small round iron gem pans are best for Pop-overs.

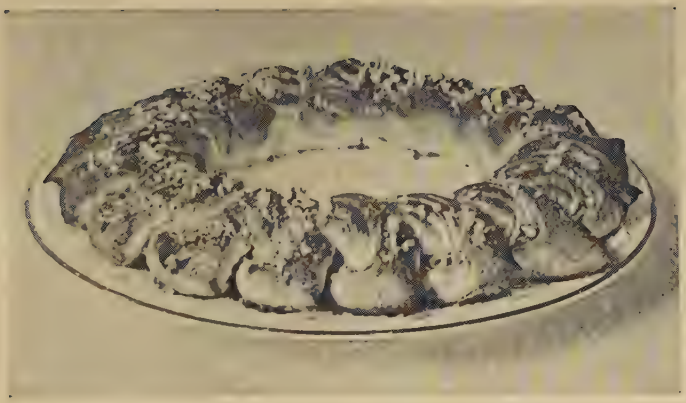
Graham Pop-overs

⅔ cup entire wheat flour
⅓ cup flour
¼ teaspoon salt
⅞ cup milk
1 egg
½ teaspoon melted butter

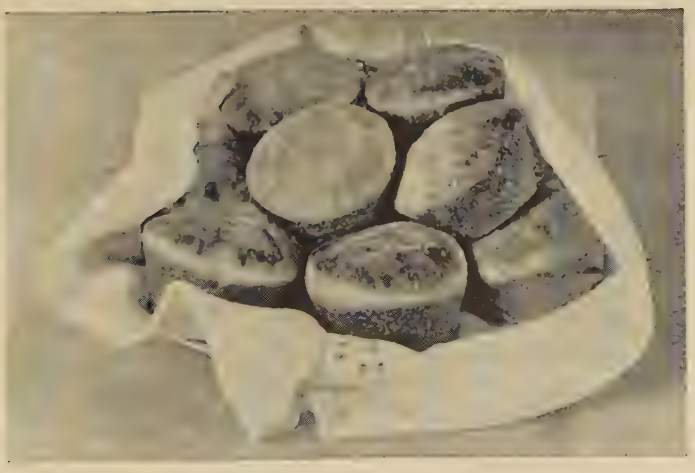
Prepare and bake as Pop-overs.

Rye Pop-overs

⅔ cup rye meal
⅓ cup flour
¼ teaspoon salt
1 cup milk
2 eggs
1 teaspoon melted butter

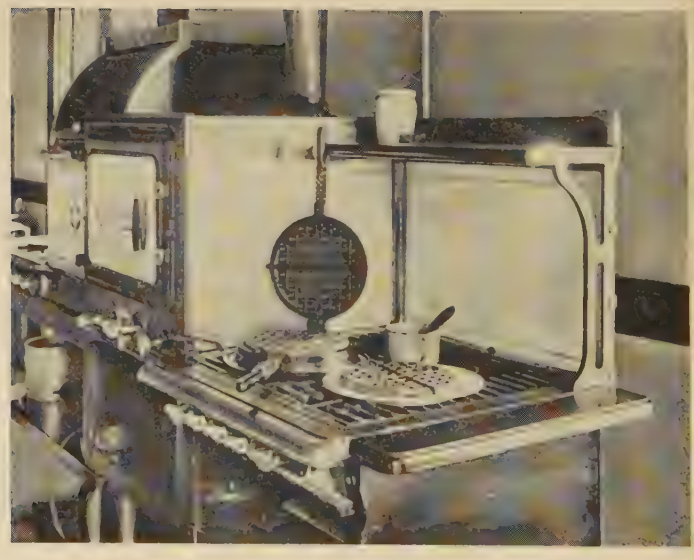


Swedish Tea Ring II. — *Page 60.*



Raised Hominy Muffins. — *Page 65.*

Pop-overs. — *Page 78.*



Waffles. — *Page 84.*

Make and bake as Pop-overs.

Breakfast Puffs

1 cup flour ½ cup milk
½ cup water

Mix milk and water; add gradually to flour, and beat with egg-beater until very light. Bake same as Pop-overs.

Fadges

1 cup entire wheat flour 1 cup cold water

Add water gradually to flour, and beat with egg-beater until very light. Bake same as Pop-overs.

Bran Muffins

1 cup flour 2 cups bran
1 teaspoon soda 1¼ cups milk
1 teaspoon salt ½ cup molasses
1 egg

Mix and sift flour, soda, and salt. Add bran, milk, molasses, and egg, well beaten. Bake in buttered individual tins. The egg may be omitted.

Maryland Biscuit

1 pint flour 1 teaspoon salt
⅓ cup lard Milk and water in equal quantities

Mix and sift flour and salt; work in lard with tips of fingers, and moisten to a stiff dough. Toss on slightly floured board, and beat with rolling-pin thirty minutes, continually folding over the dough. Roll one-third inch in thickness, shape with round cutter two inches in diameter, prick with fork, and place on a buttered tin. Bake twenty minutes in hot oven.

Afternoon Tea Crackers

1 cup bread flour 1 teaspoon baking powder
½ cup butter ¼ teaspoon salt
3 tablespoons milk

Mix and sift dry ingredients and work in butter, using the tips of the fingers. Add milk to make a stiff dough, toss on a floured board and pat and roll to one-fourth inch in thickness. Shape with a round cutter (one and three-fourths inches in diameter) first dipped in flour,

arrange on buttered sheet and bake in a hot oven ten minutes. Split, while hot, return to oven, and bake until a golden brown. These crackers will keep for weeks without crumbling.

Cream Wafers

Mix and sift one and one-half cups pastry flour and one teaspoon salt. Add, gradually, heavy cream to make a dough, the quantity required being a scant half-cup. Toss on a slightly floured cloth and knead until smooth. Pat and roll as thin as possible. Prick with a fork and shape with a small round or fancy cutter, first dipped in flour. Arrange on a buttered sheet and bake in a moderate oven until delicately browned. Serve with salad course, or as an accompaniment to five o'clock tea.

Quick Graham Bread

2 cups Graham flour
½ cup white flour
½ cup molasses
1 tablespoon baking powder
1 teaspoon salt
4 tablespoons melted lard
1½ cups sour milk
1 teaspoon soda
½ cup nut meats

Mix and sift flour, baking powder, and salt; then add lard, sour milk mixed with soda, molasses, and nut meats broken in pieces. Turn into a buttered bread pan and bake from forty-five to fifty minutes.

Quick Nut Loaf

2 cups bread flour
¼ cup sugar
4 teaspoons baking powder
1 teaspoon salt
3 tablespoons butter
2 tablespoons lard
1 egg
Yolk 1 egg
1 cup milk
½ cup English walnut meats

Mix and sift flour, sugar, baking powder, and salt. Work in butter and lard, using the tips of the fingers; then add egg and egg yolk well beaten, milk, and walnut meats, broken in pieces. Beat thoroughly and turn into a buttered bread pan. Let stand twenty minutes; then bake in a moderate oven forty minutes. A delicious bread for sandwiches.

Quick Pecan Nut Bread

2 cups unsifted Graham flour
1 cup pastry flour
⅔ cup brown sugar
1 teaspoon salt
3 teaspoons baking powder
2 cups buttermilk
1⅛ teaspoons soda
1 cup pecan nut meats, finely cut

To Graham flour add pastry flour, sugar, salt, and baking powder. When thoroughly mixed add remaining ingredients. Turn into a buttered bread pan, cover and let stand twenty minutes. Bake in a moderate oven forty-five minutes.

Luncheon Caraway Bread

¼ cup butter
¾ cup sugar
1 egg
1⅔ cups flour
1 tablespoon baking powder
¾ cup milk
1 tablespoon caraway seeds
¾ teaspoon vanilla
¼ teaspoon salt

Cream butter, and add sugar gradually and egg well beaten. Mix and sift flour and baking powder, and add alternately with milk to first mixture; then add caraway seeds, vanilla, and salt. Turn into a buttered and floured cake pan, sprinkle with sugar, and bake in a moderate oven thirty-five minutes. Remove from pan, cut in squares, and serve hot.

GRIDDLE-CAKES

Sour Milk Griddle-cakes

2½ cups flour
½ teaspoon salt
2 cups sour milk
1½ teaspoons soda
1 egg

Mix and sift flour, salt, and soda; add sour milk, and egg well beaten. Drop by spoonfuls on a greased hot griddle; cook on one side. When puffed, full of bubbles, and cooked on edges, turn, and cook other side. Serve with butter and maple syrup.

Sweet Milk Griddle-cakes

3 cups flour
1½ tablespoons baking powder
1 teaspoon salt
¼ cup sugar
2 cups milk
1 egg
2 tablespoons melted butter

Mix and sift dry ingredients; beat egg, add milk, and pour slowly on first mixture. Beat thoroughly, and add butter. Cook same as Sour Milk Griddle-cakes. Begin cooking cakes at once or more baking powder will be required.

Buttermilk Griddle-cakes

1 cup buttermilk
½ cup sweet milk
1 egg, well beaten
1 teaspoon soda
½ teaspoon salt
1 tablespoon melted butter
2 tablespoons granulated corn meal
2 cups flour

Mix ingredients in order given. Drop by spoonfuls on a greased hot griddle. Cook on one side; when puffed, full of bubbles, and cooked on edges, turn and cook other side.

Serve with butter and maple syrup.

Entire Wheat Griddle-cakes

½ cup entire wheat flour
1 cup flour
3 teaspoons baking powder
½ teaspoon salt
3 tablespoons sugar
1 egg
1 cup milk
1 tablespoon melted butter

Prepare and cook same as Sweet Milk Griddle-cakes.

Corn Griddle-cakes

2 cups flour
½ cup corn meal
1½ tablespoons baking powder
1½ teaspoons salt
⅓ cup sugar
1½ cups boiling water
1¼ cups milk
1 egg
2 tablespoons melted butter

Add meal to boiling water, and boil five minutes; turn into bowl, add milk, and remaining dry ingredients mixed and sifted, then the egg well beaten, and butter. Cook same as other griddle-cakes.

Rice Griddle-cakes I

2½ cups flour
½ cup cold cooked rice
1 tablespoon baking powder
½ teaspoon salt
¼ cup sugar
1½ cups milk
1 egg
2 tablespoons melted butter

Mix and sift dry ingredients. Work in rice with tips of fingers; add egg well beaten, milk, and butter. Cook same as other griddle-cakes.

Rice Griddle-cakes II

1 cup milk
1 cup warm boiled rice
½ teaspoon salt
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter
⅞ cup flour

Pour milk over rice and salt, add yolks of eggs beaten until thick and lemon color, butter, flour, and fold in whites of eggs beaten until stiff and dry.

Bread Griddle-cakes

1½ cups fine stale bread crumbs
1½ cups scalded milk
2 tablespoons butter
2 eggs
½ cup flour
½ teaspoon salt
4 teaspoons baking powder

Add milk and butter to crumbs, and soak until crumbs are soft; add eggs well beaten, then flour, salt, and baking powder mixed and sifted. Cook same as other griddle-cakes.

Buckwheat Cakes

⅓ cup fine bread crumbs
2 cups scalded milk
½ teaspoon salt
¼ yeast cake
½ cup lukewarm water
1¾ cups buckwheat flour
1 tablespoon molasses

Pour milk over crumbs, and soak thirty minutes; add salt, yeast cake dissolved in lukewarm water, and buckwheat to make a batter thin enough to pour. Let rise over night; in the morning, stir well, add molasses, one-fourth teaspoon soda dissolved in one-fourth cup lukewarm water, and cook same as griddle-cakes. Save enough batter to raise another mixing, instead of using yeast cake; it will require one-half cup.

Waffles

1¾ cups flour
3 teaspoons baking powder
½ teaspoon salt
1 cup milk
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter

Mix and sift dry ingredients; add milk gradually, yolks of eggs well beaten, butter, and whites of eggs beaten stiff; cook on a greased hot waffle-iron. Serve with maple syrup.

A waffle-iron should fit closely on range, be well heated on one side, turned, heated on other side, and thoroughly greased before iron is filled. In filling, put a tablespoonful of mixture in each compartment near centre of iron, cover, and mixture will spread to just fill iron. If sufficiently heated, it should be turned almost as soon as filled and covered. In using a new iron, special care must be taken in greasing, or waffles will stick.

Waffles with Boiled Cider

Follow directions for making Waffles. Serve with Boiled Cider. Allow twice as much cider as sugar, and let boil until of a syrup consistency.

Sweet Potato Waffles

1 cup mashed sweet potato
1 cup bread flour
¼ cup sugar
½ cup melted butter
1 cup milk
1 egg

Mix first five ingredients in the order given; then add egg yolk, beaten until thick, and egg white beaten until stiff. Cook same as waffles.

Rice Waffles

1¾ cups flour
⅔ cup cold cooked rice
1½ cups milk
2 tablespoons sugar
4 teaspoons baking powder
¼ teaspoon salt
1 tablespoon melted butter
1 egg

Mix and sift dry ingredients; work in rice with tips of fingers; add milk, yolk of egg well beaten, butter, and white of egg beaten stiff. Cook same as Waffles.

Virginia Waffles

1½ cups boiling water
½ cup white corn meal
1½ cups milk
3 cups flour
3 tablespoons sugar
1¼ tablespoons baking powder
1½ teaspoons salt
Yolks 2 eggs
Whites 2 eggs
2 tablespoons melted butter

Cook meal in boiling water twenty minutes; add milk, dry ingredients mixed and sifted, yolks of eggs well beaten, butter, and whites of eggs beaten stiff. Cook same as Waffles.

Raised Waffles

1¾ cups milk
1 teaspoon salt
1 tablespoon butter
¼ yeast cake
¼ cup lukewarm water
2 cups flour
Yolks 2 eggs
Whites 2 eggs

Scald milk; add salt and butter, and when lukewarm, add yeast cake dissolved in water, and flour. Beat well; let rise over night; add yolks of eggs well beaten, and whites of eggs beaten stiff. Cook same as Waffles. By using a whole yeast cake, the mixture will rise in one and one-half hours.

Fried Drop Cakes

1¼ cups flour
2½ teaspoons baking powder
¼ teaspoon salt
⅓ cup sugar
½ cup milk
1 egg
1 teaspoon melted butter

Beat egg until light; add milk, dry ingredients mixed and sifted, and melted butter. Drop by spoonfuls in hot, new, deep fat; fry until light brown and cooked through, which must at first be determined by piercing with a skewer, or breaking apart. Remove with a skimmer, and drain on brown paper.

Rye Drop Cakes

⅔ cup rye meal
⅔ cup flour
2½ teaspoons baking powder
½ teaspoon salt
2 tablespoons molasses
½ cup milk
1 egg

Mix and sift dry ingredients; add milk gradually, molasses, and egg well beaten. Cook same as Fried Drop Cakes.

Cheap Doughnuts (without Shortening)

4 cups flour
1 cup sugar
2 teaspoons cream-of-tartar
1 teaspoon soda
1 teaspoon salt
½ nutmeg, grated
2 eggs
Milk

Mix and sift dry ingredients, add eggs, well beaten, and milk, the amount required being about three-fourths cup, sometimes more but never as much as a cup. Toss on a slightly floured board, pat, roll, shape, and fry. Remove from fat, using a two-tined fork, and pass quickly through water kept at the boiling-point. The fork must be wiped each time before putting into fat.

Sour-milk Doughnuts

1 egg
1 cup sugar
1 cup sour milk
1½ tablespoons melted lard
4 cups flour
1¾ teaspoons soda
1¾ teaspoons cream-of-tartar
1½ teaspoons salt
1 teaspoon grated nutmeg

Beat egg until light and add sugar, milk, and lard. Mix and sift flour with remaining ingredients and add to first mixture. Toss on a

floured cloth, knead slightly, pat and roll to one-fourth inch in thickness, shape with a doughnut cutter, first dipped in flour, fry in deep fat, take up on a skewer, and drain on brown paper.

Doughnuts I

1 cup sugar
2½ tablespoons butter
3 eggs
1 cup milk
4 teaspoons baking powder
¼ teaspoon cinnamon
¼ teaspoon grated nutmeg
1½ teaspoons salt
Flour to roll

Cream the butter, and add one-half sugar. Beat egg until light, add remaining sugar, and combine mixtures. Add three and one-half cups flour, mixed and sifted with baking powder, salt, and spices; then enough more flour to make dough stiff enough to roll. Toss one-third of mixture on floured board, knead slightly, pat, and roll out to one-fourth inch thickness. Shape with a doughnut cutter, fry in deep fat, take up on a skewer, and drain on brown paper. Add trimmings to one-half remaining mixture, roll, shape, and fry as before; repeat. Doughnuts should come quickly to top of fat, brown on one side, then be turned to brown on the other; avoid turning more than once. The fat must be kept at a uniform temperature. If too cold, doughnuts will absorb fat; it too hot, doughnuts will brown before sufficiently risen. See rule for testing fat (page 18).

Doughnuts II

4 cups flour
1½ teaspoons salt
1¾ teaspoons soda
1¾ teaspoons cream-of-tartar
¼ teaspoon grated nutmeg
¼ teaspoon cinnamon
½ tablespoon butter
1 cup sugar
1 cup sour milk
1 egg

Put flour in shallow pan; add salt, soda, cream of tartar, and spices. Work in butter with tips of fingers; add sugar, egg well beaten, and sour milk. Stir thoroughly, and toss on board thickly dredged with flour; knead slightly, using more flour if necessary. Pat and roll out to one-fourth inch thickness; shape, fry, and drain. Sour-milk doughnuts may be turned as soon as they come to top of fat, and frequently afterwards.

Doughnuts III

2 cups sugar
4 eggs
1⅓ cups sour milk
4 tablespoons melted butter
2 teaspoons soda
2 teaspoons salt
2 teaspoons baking powder
1 teaspoon grated nutmeg
Flour

Mix ingredients in order given; shape, fry, and drain.

Raised Doughnuts I

1 cup milk
¼ yeast cake
¼ cup lukewarm water
1 teaspoon salt
⅓ cup butter and lard mixed
1 cup light brown sugar
2 eggs
½ grated nutmeg
Flour

Scald and cool milk; when lukewarm, add the yeast cake dissolved in water, salt, and flour enough to make a stiff batter; let rise over night. In the morning add shortening melted, sugar, eggs well beaten, nutmeg, and enough flour to make a stiff dough; let rise again, and if too soft to handle, add more flour. Toss on floured board, pat, and roll to three-fourths inch thickness. Shape with cutter, and work between hands until round. Place on floured board, let rise one hour, turn, and let rise again; fry in deep fat, and drain on brown paper. Cool, and roll in powdered sugar.

Raised Doughnuts II

3½ tablespoons sugar
1 teaspoon salt
1 cup scalded milk
2 tablespoons lard
½ yeast cake
2 tablespoons lukewarm water
3 cups flour

Mix sugar and salt, pour over scalded milk, and add lard. When mixture is lukewarm, add yeast cake dissolved in lukewarm water, and one cup flour. Cover, let rise until light, and add two cups flour. Toss on a slightly floured board and knead. Cover, again let rise and knead; repeat. Pat and roll to one-half inch in thickness, and cut in strips eight inches long by three-fourths inch wide. Put on board, cover and let rise. Twist several times, pinch ends together, drop into hot deep fat, fry until delicately browned, and drain on brown paper.

Crullers

½ cup butter	4 cups flour
1 cup sugar	¼ teaspoon grated nutmeg
Yolks 2 eggs	3½ teaspoons baking powder
Whites 2 eggs	1 cup milk

Powdered sugar and cinnamon

Cream the butter, add sugar gradually, yolks of eggs well beaten, and whites of eggs beaten stiff. Mix flour, nutmeg, and baking powder; add alternately with milk to first mixture; toss on floured board, roll thin, and cut in pieces three inches long by two inches wide; make four one-inch parallel gashes crosswise at equal intervals. Take up by running finger in and out of gashes, and lower into deep fat. Fry same as doughnuts.

Chocolate Doughnuts

¼ cup butter	4 cups flour
1¼ cups sugar	1 teaspoon soda
2 eggs	1 teaspoon cinnamon
1½ squares melted chocolate	¼ teaspoon salt
1 cup sour milk	1½ teaspoons vanilla

Cream butter and add sugar gradually, while beating constantly; then add eggs, well beaten, melted chocolate, sour milk, and flour, mixed and sifted with soda, cinnamon, and salt. Add vanilla, and enough more flour to handle the mixture. Toss on a slightly floured cloth, knead slightly, pat and roll to one-fourth inch in thickness, shape with a doughnut cutter, first dipped in flour, fry in deep fat, and drain on brown paper.

Afternoon Tea Doughnuts

1 egg	3 tablespoons milk
2 tablespoons sugar	1 tablespoon melted shortening
½ teaspoon salt	1 cup flour

2 teaspoons baking powder

Beat egg until light, and add sugar, salt, and shortening. Mix and sift flour and baking powder and add to first mixture. Force through a pastry bag and tube (using a small lady finger tube) into hot deep fat, and fry until browned. Drain on brown paper and sprinkle with powdered sugar. Serve with Julienne-shaped pieces of American factory cheese as an accompaniment to five o'clock tea.

Strawberry Short Cake I

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons sugar
¾ cup milk
¼ cup butter

Mix dry ingredients, sift twice, work in butter with tips of fingers, and add milk gradually. Toss on floured board, divide in two parts. Pat, roll out, and bake twelve minutes in a hot oven in buttered Washington pie or round layer cake tins. Split, and spread with butter. Sweeten strawberries to taste, place on back of range until warmed, crush slightly, and put between and on top of Short Cakes; cover top with Cream Sauce I.

Strawberry Short Cake II

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
1 tablespoon sugar
⅓ cup butter
¾ cup milk

Mix same as Strawberry Short Cake I. Toss and roll on floured board. Put in round buttered tin, and shape with back of hand to fit pan. Split spread with butter and fill same as Strawberry Short Cake I.

Rich Strawberry Short Cake

2 cups flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
Few grains nutmeg
1 egg or 2 egg yolks
⅓ cup butter
⅓ cup milk

Mix dry ingredients and sift twice, work in shortening with tips of fingers, add egg well beaten, and milk. Bake same as Strawberry Short Cake II. Split cake and spread under layer with Cream Sauce II. Cover with strawberries which have been sprinkled with powdered sugar; again spread with sauce, and cover with upper layer.

Fruit Short Cake

¼ cup butter
½ cup sugar
1 egg
¼ cup milk
1 cup flour
2 teaspoons baking powder
¼ teaspoon salt

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour, baking powder, and salt, adding alternately with milk to first mixture. Beat thoroughly, and bake in a buttered round tin.

Cool, spread thickly with sweetened fruit, and cover with Cream Sauce I or II. Fresh strawberries, peaches, apricots, raspberries, or canned quince or pineapple may be used. When canned goods are used, drain fruit from syrup and cut in pieces. Dilute cream for Cream Sauce with fruit syrup in place of milk.

Any short cake mixture may be made for individual service by shaping with a large biscuit cutter; or mixture may be baked in a shallow cake pan, centre removed, and filled with fruit, and pieces baked separately to introduce to represent handles.

CHAPTER VI

CEREAL, CHEESE, AND VEGETARIAN DISHES

CEREALS (cultivated grasses) rank first among vegetable foods; being of hardy growth and easy cultivation, they are more widely diffused over the globe than any of the flowering plants. They include wheat, oats, rye, barley, maize (Indian corn), and rice; some authorities place buckwheat among them. Wheat probably is the most largely consumed; next to wheat, comes rice.

TABLE SHOWING COMPOSITION

	Proteid	Fat	Starch	Mineral Matter	Water
Oatmeal	15.6	7.3	68.0	1.9	7.2
Corn meal	8.9	2.2	75.1	0.9	12.9
Wheat flour (spring)	11.8	1.1	75.0	0.5	11.6
Wheat flour (winter)	10.4	1.0	75.6	0.5	12.5
Entire wheat flour	14.2	1.9	70.6	1.2	12.1
Graham flour	13.7	2.2	70.3	2.0	11.8
Pearl barley	9.3	1.0	77.6	1.3	10.8
Rye meal	7.1	0.9	78.5	0.8	12.7
Rice	7.8	0.4	79.4	0.4	12.4
Buckwheat flour	6.1	1.0	77.2	1.4	14.3
Macaroni	11.7	1.6	72.9	3.0	10.8

Department of Agriculture, Washington, D. C.

Macaroni, *spaghetti*, and *vermicelli* are made from wheaten flour, rich in gluten, moistened to a stiff dough with water, and forced through small apertures in an iron plate by means of a screw press. Various Italian pastes are made from the same mixture. Macaroni is manufactured to some extent in this country, but the best comes from Italy, Lagana and Pejero being the favorite brands. When macaroni is colored, it is done by the use of saffron, not by eggs as is generally supposed. Egg macaroni is manufactured in strips.

Macaroni is valuable food, as it is very cheap and nutritious; but being deficient in fat, it should be combined with cream, butter, or cheese, to make a perfect food.

From cereals many preparations are made, used alone, or in combination with other food products. From rice is made rice flour; from oats, oatmeal, and oats steam-cooked and rolled. There are many species of corn, the principal varieties being white, yellow, and red. From corn is made corn meal, — both white and yellow, — cornstarch, hominy, maizena, cerealine, samp, and hulled corn; from wheat, wheaten or white flour, and a variety of breakfast foods. Rye is used for flakes, meal, and flour; barley, for flour and pearl barley. Buckwheat is used only when made into flour for buckwheat cakes.

For family use, cereals should be bought in small quantities, and kept in glass jars, tightly covered. Many cereal preparations are on the market for making breakfast mushes, put up in one and two pound packages, with directions for cooking. In nearly all cases, time allowed for cooking is not sufficient, unless dish containing cereal is brought in direct contact with fire, which is not the best way. Mushes should be cooked over hot water after the first five minutes; if a double boiler is not procurable, improvise one. Boiling water and salt should always be added to cereals, allowing one teaspoon salt to each cup of cereal, — boiled to soften cellulose and swell starch grains, salted to give flavor. In cooking coarse cereals bring water in top of double boiler to boiling-point and add salt and cereal slowly, while stirring constantly with a fork. Let boil five minutes, put over under part of double boiler, and cook thirty minutes or longer if possible. Indian meal and finely ground preparations should be mixed with cold water before adding boiling water to prevent lumping.

TABLE FOR COOKING CEREALS

Kind	Quantity	Water	Time
Steam-cooked and rolled oats	1 cup	1¾ cups	30 minutes
Steam-cooked and rolled rye and wheats	1 cup	1¼ cups	20 minutes
Rice (steamed)	1 cup	2¾–3¼ cups (according to age of rice)	45–60 minutes
Indian meal	1 cup	3½ cups	3 hours
Fine wheat breakfast foods	1 cup	3¾ cups	30 minutes
Oatmeal (coarse)	1 cup	4 cups	3 hours
Hominy (fine)	1 cup	4 cups	1 hour

Oatmeal Mush with Apples

Core apples, leaving large cavities; pare, and cook until soft in syrup made by boiling sugar and water together, allowing one cup sugar to one and one-half cups water. Fill cavities with oatmeal mush; serve with sugar and cream. The syrup should be saved and re-used. Berries, sliced bananas, or sliced peaches, are acceptably served with any breakfast cereal.

Cereal with Fruit

¾ cup fine wheat breakfast food
¾ cup cold water
1 teaspoon salt
½ lb. dates, stoned, and cut in pieces
2 cups boiling water

Mix cereal, salt, and cold water; add boiling water to cereal placed on front of range. Boil five minutes, steam in double boiler thirty minutes; stir in dates, and serve with cream. To serve for breakfast, or as a simple dessert.

Fried Mushes

Mush left over from breakfast may be packed in greased, one pound baking-powder box, and covered, which will prevent crust from forming. The next morning remove from box, slice thinly, dip in flour, and sauté. Serve with maple syrup.

Fried Corn Meal Mush, or Fried Hominy

Pack corn meal or hominy mush in greased, one pound baking-powder boxes, or small bread pan, cool, and cover. Cut in thin slices. and sauté; cook slowly, if preferred crisp and dry. Where mushes are cooked to fry, use less water in steaming.

Samp

½ cup samp
Cold water
2½ cups boiling water
1 teaspoon salt

Cover samp with cold water, and let stand five or six hours. Drain, put in double boiler and add boiling water and salt. Bring to boiling-point, place over under part of double boiler (containing boiling water) and let steam four or five hours, or cook in fireless cooker over night.

Boiled Rice

1 cup rice — 2 quarts boiling water
1 tablespoon salt

French Chef

Pick over rice; add slowly to boiling, salted water, so as not to check boiling of water. Boil thirty minutes, or until soft, which may be determined by testing kernels. Old rice absorbs much more water than new rice, and takes longer for cooking. Drain in coarse strainer, and pour over one quart hot water; return to kettle in which it was cooked; cover, place on back of range, and let stand to dry off, when kernels are distinct. When stirring rice, always use a fork to avoid breaking kernels. Rice is more satisfactory when soaked over night in cold water to cover.

Steamed Rice

1 cup rice — 2¾ to 3¼ cups boiling water (according to age of rice)
1 teaspoon salt

Put salt and water in top of double boiler, place on range, and add gradually well-washed rice, stirring with a fork to prevent adhering to boiler. Boil five minutes, cover, place over under part double boiler, and steam forty-five minutes, or until kernels are soft; uncover, that steam may escape. When rice is steamed for a simple dessert, use one-half quantity of water given in recipe, and steam until rice has absorbed water; then add scalded milk for remaining liquid.

To wash rice. Put rice in strainer, place strainer over bowl nearly full of cold water; rub rice between hands, lift strainer from bowl, and change water. Repeat process three or four times, until water is quite clear.

Rice with Cheese

Steam one cup rice, allowing one tablespoon salt; cover bottom of buttered pudding-dish with rice, dot over with three-fourths tablespoon butter, sprinkle with thin shavings mild cheese and a few grains cayenne; repeat until rice and one-fourth pound cheese are used. Add milk to half the depth of contents of dish, cover with buttered cracker crumbs, and bake until cheese melts.

Rice à la Riston

Finely chop two thin slices bacon, add to one-half raw medium-sized cabbage, finely chopped; cover, and cook slowly thirty minutes.

Add one-fourth cup rice, boiled, one-half teaspoon chopped parsley, and salt and pepper to taste. Moisten with one-half cup White Stock, and cook fifteen minutes.

Turkish Pilaf I

Wash and drain one-half cup rice, cook in one tablespoon butter until brown, add one cup boiling water, and steam until water is absorbed. Add one and three-fourths cups hot stewed tomatoes, cook until rice is soft, and season with salt and pepper.

Turkish Pilaf II

½ cup washed rice
¾ cup tomatoes, stewed and strained
1 cup Brown Stock, highly seasoned
3 tablespoons butter

Add tomato to stock, and heat to boiling-point; add rice, and steam until rice is soft; stir in butter with a fork, and keep uncovered that steam may escape. Serve in place of a vegetable, or as border for curried or fricasseed meat.

Turkish Pilaf III

⅓ cup rice
3 tablespoons butter
½ cup canned tomatoes
½ cup cold cooked chicken cut in dice
White Stock highly seasoned
Salt and cayenne

Cook rice in boiling salted water, drain, and pour over hot water to thoroughly rinse. Heat omelet pan, add butter, and as soon as butter is melted add rice. Cook three minutes; then add tomatoes, chicken, and enough stock to moisten. Cook five minutes, and season highly with salt and cayenne. If not rich enough, add more butter.

Russian Pilaf

Follow recipe for Turkish Pilaf III, substituting cold cooked lamb in place of chicken, and add a chicken's liver sautéed in butter, then separated into small pieces.

Parched Rice with Tomato Sauce

Boil and drain three-fourths cup rice. Heat an iron frying pan very hot, add two tablespoons butter, and when melted, add rice, and cook until rice is slightly browned, stirring lightly with a fork. Put in a hot serving dish, pour over one cup Tomato Sauce I (see p. 322) and sprinkle with one-half cup grated cheese, lifting rice with fork, that sauce and cheese may coat each kernel.

Rice Croquettes with Jelly

½ cup of rice	1 teaspoon salt
½ cup boiling water	Yolks 2 eggs
1 cup scalded milk	1 tablespoon butter

Wash rice, add to water with salt, cover, and steam until rice has absorbed water. Then add milk, stir lightly with a fork, cover, and steam until rice is soft. Remove from fire, add egg yolks and butter; spread on a shallow plate to cool. Shape in balls, roll in crumbs, then shape in form of nests. Dip in egg, again in crumbs, fry in deep fat, and drain. Put a cube of jelly in each croquette. Arrange on a folded napkin, and garnish with parsley, or serve around game.

Sweet Rice Croquettes

To rice croquette mixture add two tablespoons powdered sugar and grated rind one-half lemon. Shape in cylinder forms, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Rice and Tomato Croquettes

½ cup rice	2 cloves
¾ cup stock	¼ teaspoon peppercorns
½ can tomatoes	1 teaspoon sugar
1 slice onion	1 egg
1 slice carrot	¼ cup grated cheese
1 sprig parsley	1 tablespoon butter
1 sprig thyme	½ teaspoon salt
	Few grains cayenne

Wash rice, and steam in stock until rice has absorbed stock; then add tomatoes which have been cooked twenty minutes with onion, carrot, parsley, thyme, cloves, peppercorns, and sugar, and then rubbed through a strainer. Remove from fire, add egg slightly beaten, cheese, butter, and cayenne. Spread on a plate to cool. Shape in form of cylinders, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Rice Croquettes, Cheese Sauce

½ cup rice	2 tablespoons chopped canned pimientos
½ cup boiling water	½ teaspoon salt
1½ cups milk	Few grains cayenne
¼ cup cream	

Soak rice over night in cold water to cover. Drain, add boiling water, and cook in double boiler until rice has absorbed water; then add milk and cook until rice has absorbed milk. Add cream, pimientos chopped and drained, and salt and cayenne. Spread in plate, cool, shape, dip in flour, egg and crumbs, fry in deep fat, and drain on brown paper. Pile on serving dish, pour around Cheese Sauce and garnish with parsley.

Cheese Sauce. Melt three tablespoons butter, add three tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one and one-half cups milk. Bring to the boiling-point, and add one-half teaspoon salt, one-eighth teaspoon pepper, and one cup mild cheese, grated or cut in small cubes.

Little Brahmins

½ cup rice
½ cup boiling water
½ teaspoon salt
1¼ cups scalded milk
Yolks 2 eggs
1 tablespoon butter
⅛ teaspoon paprika
1 tablespoon tomato catsup

Wash rice, put in double boiler, add boiling water and salt, and cook until rice has absorbed water; then add milk and cook until rice is soft. Add remaining ingredients and spread on a plate to cool. Shape in the form of chickens; dip in crumbs, egg and crumbs, fry in deep fat and drain on brown paper. Insert peppercorns or allspice berries to represent eyes, and arrange on a hot platter.

Little Ducklings

Use same mixture as for Little Brahmins. Shape in the form of little ducklings. Dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper. Insert allspice berries to represent eyes.

Baked Hominy, Southern Style

¾ cup fine hominy
1 teaspoon salt
1 cup boiling water
¼ cup butter
1 tablespoon sugar
1 egg
2 cups milk

Mix water and salt and add gradually, while stirring constantly, hominy. Bring to the boiling-point and let boil two minutes. Then cook in double boiler until water is absorbed. Add one cup milk, stirring thoroughly, and cook one hour. Remove from range and

add butter, sugar, egg slightly beaten, and remaining milk. Turn into a buttered dish and bake in a slow oven one hour.

Hominy and Horseradish Croquettes

¼ cup hominy
½ cup boiling water
½ teaspoon salt
¾ cup scalded milk
2 tablespoons butter
3½ teaspoons grated horseradish root

Steam hominy with water until water is absorbed; then add milk and steam until tender. Add butter and horseradish and salt. Cool, shape, dip in flour, egg and crumbs, fry in deep fat, and drain on brown paper.

Boiled Macaroni

¾ cup macaroni broken in inch pieces
2 quarts boiling water
1 tablespoon salt
½ cup cream

Cook macaroni in boiling salted water twenty minutes or until soft, drain in strainer, pour over it cold water to prevent pieces from adhering; add cream, reheat, and season with salt.

Macaroni with White Sauce

½ cup macaroni broken in inch pieces
2 quarts boiling water
1 tablespoon salt
1½ cups White Sauce

Cook as for Boiled Macaroni, and reheat in White Sauce.

White Sauce. Melt two tablespoons butter, add two tablespoons flour with one-half teaspoon salt, and pour on slowly while stirring constantly one and one-half cups scalded milk; then bring to the boiling-point.

Baked Macaroni

Put Macaroni with White Sauce in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

For Buttered Cracker Crumbs, allow from one-fourth to one-third cup melted butter to each cup of crumbs. Stir lightly with a fork in mixing, that crumbs may be evenly coated and light rather than compact.

Baked Macaroni with Cheese

Put a layer of boiled macaroni in buttered baking dish, sprinkle with grated cheese; repeat, pour over White Sauce, cover with buttered crumbs, and bake until crumbs are brown.

Macaroni with Tomato Sauce

Reheat Boiled Macaroni in one and one-half cups of Tomato Sauce I, sprinkle with grated cheese, and serve; or prepare as Baked Macaroni, using Tomato in place of White Sauce.

Macaroni à l'Italienne

¾ cup macaroni
2 quarts boiling salted water
½ onion
2 cloves
1½ cups Tomato Sauce II
½ cup grated cheese
2 tablespoons wine
½ tablespoon butter

Cook macaroni in boiling salted water, with butter and onion stuck with cloves; drain, remove onion, reheat in Tomato Sauce, add cheese and wine.

Macaroni, Italian Style

1 cup macaroni
2 tablespoons butter
2 tablespoons flour
1½ cups scalded milk
⅔ cup grated cheese
Salt and paprika
¼ cup finely chopped cold boiled ham

Break macaroni in one-inch pieces and cook in boiling salted water drain, and reheat in sauce made of butter, flour, and milk, to which is added cheese. As soon as cheese is melted, season with salt and paprika, and turn on to a serving dish. Sprinkle with ham and garnish with parsley.

Macaroni à la Milanaise

Cook macaroni as for Macaroni a l'Italienne, reheat in Tomato Sauce II, add six sliced mushrooms, two slices cooked smoked beef tongue cut in strips, and one-half cup grated cheese.

Macaroni, Virginia Style

1½ cups macaroni
2 tablespoons butter
1 teaspoon mustard
½ cup grated cheese
1¼ cups white sauce
3 tablespoons dried bread crumbs

Break macaroni in one-inch pieces and cook in boiling, salted water twenty minutes or until soft; drain in colander and pour over one quart cold water. Put half in buttered baking dish, dot over with one-fourth the butter and sprinkle with one-half the mustard and cheese; repeat, pour over White Sauce, cover with dried bread crumbs mixed with remaining butter and bake in a hot oven until crumbs are brown.

White Sauce. Melt three-fourths tablespoon butter, add three fourths tablespoon flour, and stir until blended; then pour on gradually, while stirring constantly, one and one-fourth cups milk. Bring to the boiling-point and add one-half teaspoon salt.

Baked Macaroni with Chipped Beef

Break macaroni in one-inch pieces (there should be three-fourths cup) and cook in boiling, salted water until soft; drain and pour over one quart cold water. Remove skin from one-fourth pound thinly sliced smoked dried beef and separate in pieces. Cover with hot water, let stand ten minutes, and drain. Arrange in buttered baking dish alternate layers of macaroni and dried beef, having two of each. Pour over two cups White Sauce, cover with three-fourths cup buttered cracker crumbs, and bake in hot oven until crumbs are brown. For the *White Sauce*, melt four tablespoons butter, add three tablespoons flour, and stir until well blended, then pour on gradually, while stirring constantly, two cups milk. Bring to the boiling-point and add one-half teaspoon salt and one-eighth teaspoon pepper.

Baked Macaroni with Peanut Butter

1 cup macaroni, broken in 1-inch pieces
2 cups milk
3½ tablespoons peanut butter
1 teaspoon salt
¾ cup buttered bread crumbs

Cook macaroni in boiling salted water twenty minutes, or until soft, drain in strainer, and pour over one quart cold water to prevent pieces from adhering; then put in buttered baking dish. Heat milk in double boiler, and add gradually to peanut butter. Pour over macaroni, cover, and bake in a slow oven forty minutes. Remove cover, sprinkle with crumbs, and bake until crumbs are brown.

Italian Spaghetti

Take one-fourth pound spaghetti in hand and dip ends in boiling, salted water. As spaghetti softens it will bend easily, when it may be coiled under the boiling water. Let boil twenty minutes or until soft; drain in a colander and pour over one quart cold water. Arrange on a hot platter, over which have been poured two tablespoons olive oil, and pour over the following sauce: Remove fat and meat from three pork chops and cut in pieces. Put in saucepan with one

small onion, peeled and sliced, and cook, stirring frequently until well browned, then add one quart can tomatoes, one-half teaspoon salt, and one-eighth teaspoon paprika. Bring to the boiling-point and let simmer very slowly two and one-half hours. Force through a purée strainer.

Napoli Spaghetti

4 slices bacon
1 sliced onion
½ can tomatoes
½ box Italian tomato paste
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon allspice
¼ teaspoon mace
Few grains cayenne
Bit of bay leaf

Hot, boiled spaghetti

Cut bacon in small pieces and try out. Add remaining ingredients, except spaghetti, bring gradually to the boiling-point, and let simmer fifty minutes. Pour over cooked spaghetti and let stand ten minutes. Serve very hot.

Knöfli

Beat two eggs slightly and add one-fourth cup milk. Add gradually to one cup flour mixed and sifted with one teaspoon salt. Place colander over a kettle of boiling water, turn in one-third mixture, and force through colander into water, using a potato masher. As soon as buttons come to top of water, remove with skimmer to hot vegetable dish, and sprinkle with salt and grated cheese; repeat until mixture is used. Let stand in oven five minutes, then serve.

Ravioli

1½ cups flour
½ egg
Warm water
¼ cup cracker crumbs
½ cup grated Parmesan cheese
¼ cup chopped cooked spinach
1 egg
Chicken stock
Salt
Pepper

Sift flour on a board, make depression in centre, drop in one-half egg, and moisten with warm water to a stiff dough. Knead until smooth, cover, and let stand ten minutes; then roll as thin as a sheet of paper, using a rolling-pin. Cut in strips as long as paste, and two and three-fourth inches wide, using a pastry jagger. Mix cracker crumbs, spinach, and egg; moisten with stock and season with salt and pepper. Put mixture by three-fourths teaspoon on lower half of strips of paste, two inches apart. Fold upper part of paste over

lower part. Press edges together and between mixture with tips of thumbs, then cut apart, using pastry jagger. Cook ten minutes in the liquor in which a fowl has been cooked, take up with skimmer, arrange a layer on hot serving dish, sprinkle generously with grated Parmesan cheese, cover with Tomato Sauce; repeat twice and serve at once.

Tomato Sauce

- ⅓ cup butter
- 1 onion, finely chopped
- ¾ teaspoon salt
- Few grains pepper
- 1 small can condensed tomato
- ⅔ lb. lean beef

Cook first four ingredients eight minutes. Add tomato, one pint water, and beef cut in small pieces, and cook one and one-half hours. Remove meat before serving. Ravioli is a national Italian dish, and the cheese and condensed tomato may be best bought of an Italian grocer.

Welsh Rarebit I

- 1 tablespoon butter
- 1 teaspoon corn-starch
- ½ cup thin cream
- ½ lb. soft, mild cheese, cut in small pieces
- ¼ teaspoon salt
- ¼ teaspoon mustard
- Few grains cayenne
- Toast or wafer crackers

Melt butter, add corn-starch, and stir until well mixed, then add cream gradually, while stirring constantly, and cook two minutes. Add cheese, and stir until cheese is melted. Season, and serve on wafer crakers or bread toasted on one side, rarebit being poured over untoasted side. Much of the success of a rarebit depends upon the quality of the cheese. A rarebit should be smooth and of a creamy consistency, never stringy. If stringy add one egg slightly beaten.

Welsh Rarebit II

- 1 tablespoon butter
- ½ lb. soft, mild cheese, cut in small pieces
- ¼ teaspoon salt
- ½ teaspoon mustard
- Few grains cayenne
- ⅓ to ½ cup ale or lager beer
- 1 egg

Put butter in chafing-dish, and when melted, add cheese and seasonings; as cheese melts, add ale gradually, while stirring constantly; then egg slightly beaten. Serve same as Welsh Rarebit I.

Tomato Rarebit

2 tablespoons butter
2 tablespoons flour
¾ cup thin cream
¾ cup stewed and strained tomatoes
⅛ teaspoon soda
2 cups finely cut cheese
2 eggs, slightly beaten
Salt
Mustard
Cayenne

Put butter in chafing-dish; when melted, add flour. Pour on, gradually, cream, and as soon as mixture thickens add tomatoes mixed with soda; then add cheese, eggs, and seasonings to taste. Serve, as soon as cheese has melted, on Graham Toast.

Oyster Rarebit

1 cup oysters
2 tablespoons butter
½ lb. soft, mild cheese, cut in small pieces
¼ teaspoon salt
Few grains cayenne
2 eggs

Clean, parboil, and drain oysters, reserving liquor; then remove and discard tough muscle. Melt butter, add cheese and seasonings; as cheese melts, add gradually oyster liquor, and eggs slightly beaten. As soon as mixture is smooth, add soft part of oysters. Serve on unsweetened wafer crackers or bread toasted on one side, rarebit being poured over untoasted side.

Lenox Rarebit

1 tablespoon butter
1 cup milk
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
6 eggs
1 small cream cheese
Unsweetened wafer crackers

Put butter in blazer and when melted add milk, seasonings, and eggs beaten slightly. Cook same as scrambled eggs, and when nearly done, add cheese worked until soft. Serve on crackers.

Chilaly

1 tablespoon butter
2 tablespoons chopped green pepper
1½ tablespoons chopped onion
½ cup canned tomato pulp
¾ lb. soft, mild cheese
¾ teaspoon salt
Few grains cayenne
2 tablespoons milk
1 egg

Cook butter with pepper and onion three minutes, stirring constantly. Add tomatoes, from which liquor has been drained, and cook five minutes. Add cheese, cut in small pieces, salt, and cayenne

Cook over hot water until cheese is melted, then add milk and egg slightly beaten. Serve on squares of bread, toasted on one side, or zephyrettes or when cold use as a sandwich filling.

Baked Rarebit

1 lb. soft, mild cheese
2 tablespoons butter
1¾ teaspoons salt
⅓ teaspoon paprika
1½ cups milk
2½ cups stale bread crumbs
3 eggs

Cut cheese in thin slices. Sprinkle a layer of bread crumbs in buttered baking dish, cover with one-third cheese, sprinkle with one-third salt and paprika mixed, and repeat twice, making three layers. Beat eggs slightly, add milk, and pour over mixture. Bake in a moderate oven twenty-five minutes. Serve at once.

Shapleigh Luncheon Cheese

Cut stale bread in one-third inch slices. Spread with butter, remove crusts, and cut in finger-shaped pieces. Arrange near together around sides of a buttered baking dish, having bread extend about one inch above dish; also line bottom of dish.

Beat two eggs slightly, add one cup thin cream, one tablespoon butter, one teaspoon salt, one-half teaspoon mustard, one-fourth teaspoon paprika, a few grains cayenne, and one-half pound mild cheese, cut in small pieces. Pour mixture in dish and bake thirty minutes. Serve very hot.

English Monkey

1 cup stale bread crumbs
1 cup milk
1 tablespoon butter
½ teaspoon salt
½ cup soft, mild cheese, cut in small pieces
1 egg
Few grains cayenne

Soak bread crumbs fifteen minutes in milk. Melt butter, add cheese, and when cheese has melted, add soaked crumbs, egg slightly beaten, and seasonings. Cook three minutes, and pour over toasted crackers which have been spread sparingly with butter.

Cheese Toast

1 cup milk
1 tablespoon butter
1 tablespoon flour
¼ teaspoon salt
Few grains pepper
¾ cup grated cheese
Yolks 2 eggs
Whites 2 eggs
6 slices toast

Make a white sauce of first five ingredients. Add cheese and as soon as cheese melts, yolks of eggs slightly beaten. When mixture thickens, add whites of eggs beaten stiff. Pour over toast.

Cheese Fondue

1 cup scalded milk
1 cup soft stale bread crumbs
¼ lb. mild cheese, cut in small pieces
1 tablespoon butter
½ teaspoon salt
Yolks 3 eggs
Whites 3 eggs

Mix first five ingredients, add yolks of eggs beaten until lemon-colored. Cut and fold in whites of eggs beaten until stiff. Pour in a buttered baking dish, and bake twenty minutes in a moderate oven.

Cheese Soufflé

2 tablespoons butter
3 tablespoons flour
½ cup scalded milk
½ teaspoon salt
Few grains cayenne
¼ cup grated Old English or Young American cheese
Yolks 3 eggs
Whites 3 eggs

Melt butter, add flour, and when well mixed add gradually scalded milk. Then add salt, cayenne, and cheese. Remove from fire; add yolks of eggs beaten until lemon-colored. Cool mixture, and cut and fold in whites of eggs beaten until stiff and dry. Pour into a buttered baking dish, and bake twenty minutes in a slow oven. Serve at once.

Ramequins Soufflés

Bake Cheese Soufflé mixture in ramequin dishes. Serve for a course in a dinner.

Cheese Balls

1½ cups grated mild cheese
1 tablespoon flour
¼ teaspoon salt
Few grains cayenne
Whites 3 eggs
Cracker dust

Mix cheese with flour and seasonings. Beat whites of eggs until stiff and add to first mixture. Shape in small balls, roll in cracker dust, fry in deep fat, and drain on brown paper. Serve with salad course.

Cheese Custard, Bread Sauce

4 eggs
1 cup milk
2½ tablespoons melted butter
3 tablespoons grated cheese
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice

Beat eggs slightly and add remaining ingredients. Turn into buttered timbale moulds, set in pan of hot water, and bake until brown. Remove to hot platter and pour around Bread Sauce.

Cheese Croquettes

3 tablespoons butter
¼ cup flour
⅔ cup milk
Yolks 2 eggs
1 cup mild cheese, cut in very small cubes
½ cup grated Gruyère cheese
Salt and pepper
Few grains cayenne

Make a thick white sauce, using butter, flour, and milk, add yolks of eggs without first beating, and stir until well mixed; then add grated cheese. As soon as cheese melts, remove from fire, fold in cheese cubes, and season with salt, pepper, and cayenne. Spread in a shallow pan and cool. Turn on a board, cut in small squares or strips, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Wellington Cheese Croquettes

3 tablespoons butter
⅓ cup flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
Yolks 2 eggs
2 tablespoons cream
2 cups soft mild cheese, cut in small cubes

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, milk. Bring to the boiling-point and add egg yolks slightly beaten and diluted with cream, and cheese. Season with salt and pepper. Spread on a plate and cool. Shape, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper.

Cheese and Pepper Croquettes

Wipe small Bell peppers, place in pan, put in hot oven, and turn occasionally, until skins blister. Take from oven, remove skins, make a lengthwise slit in each and take out seeds. Fill with Cheese Filling, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper.

Cheese Filling. Melt one and one-half tablespoons butter, add two tablespoons flour, and stir until well blended; then add one-third cup milk and bring to the boiling-point. Add one-fourth cup grated Gruyère cheese and one egg, slightly beaten. As soon as cheese melts remove from fire and fold in one-half cup small cubes of soft

mild cheese. Season with one-half teaspoon salt and a few grains, each, of pepper and cayenne.

Cheese Cakes

2 tablespoons butter
3½ tablespoons flour
4 tablespoons grated American cheese
Whites 3 eggs
¼ teaspoon salt
Few grains cayenne

Melt butter, add flour, and stir until well blended. Remove from range and add cheese, salt, and cayenne. Fold in whites of eggs, beaten until stiff, and drop from tip of spoon on a buttered sheet one inch apart. Bake in a moderate oven twelve minutes.

Serve as an accompaniment to a dinner salad.

Cottage Cheese I

Heat one quart sour milk to 100° F., and turn into a strainer lined with cheesecloth. Pour over one quart hot water, and as soon as water has drained through, pour over another quart; then repeat. Gather cheesecloth around curd to form a bag and let hang until curd is free from whey. Moisten with melted butter and heavy cream, and add salt to taste. Shape into small balls.

Cottage Cheese II

Heat one quart sweet milk to 100° F., and add one junket tablet reduced to a powder. Let stand in warm place until set. Beat with a fork to break curd, turn into a bag made of cheesecloth, and let hang until whey has drained from curd; then proceed as with Cottage Cheese I.

Liptaner Cheese

1 cream cheese
¼ cup butter
1 teaspoon capers
1 teaspoon paprika
2 anchovies, finely chopped
1 shallot, finely chopped
½ teaspoon caraway seed
½ teaspoon salt

Work cheese (large size) until smooth and add butter gradually. When thoroughly blended, add remaining ingredients. Press into a small mould and let stand in ice box to season. Remove from mould and serve with crackers.

Frozen Cheese Alexandra

½ cup butter
¼ lb. Roquefort cheese
1 teaspoon salt
½ teaspoon paprika
1 teaspoon finely cut chives
2 tablespoons Sherry

Cream butter, add cheese, and work until well blended; then add remaining ingredients. Pack in a small mould, surround with finely crushed ice and rock salt, using equal parts, and let stand one hour. Remove from mould and serve with hot toasted rye bread.

Moulded Cheese with Bar-le-Duc Strawberries

Mash cream cheese and press into a cone-shaped mould. Remove from mould, cover with whipped cream sweetened with powdered sugar, and pour around strawberries. Serve with unsweetened wafer crackers.

Toasted Fromage Rolls

Cut fresh bread while still warm in as thin slices as possible, using a very sharp knife, and remove crusts. Work butter until creamy, add an equal measure of grated Young American cheese, and work until thoroughly blended; then season with salt and paprika. Spread bread with mixture and roll each piece separately. Toast over a clear fire and serve hot with the salad course.

Pimiento Cheese Wafers

Mash a pimiento cream cheese, moisten with cream and force through a pastry bag and tube on unsweetened wafer crackers. If a pimiento cream cheese is not obtainable add one tablespoon finely chopped canned pimiento and a few grains salt to one large cream cheese.

Piquante Cheese Crackers

½ lb. American Factory Cheese
3 tablespoons Sherry wine
2 tablespoons cream
2 tablespoons butter
1 teaspoon mustard
½ teaspoon salt
Few grains cayenne

Cut cheese in pieces and force through a meat chopper. Add Sherry wine, cream, butter worked until creamy, and seasonings. Force mixture through a pastry bag and tube on thin, unsweetened wafer crackers.

Walnut Deceits

Work a large cream cheese until smooth and add one-fourth cup olives, stoned and chopped, one-half teaspoon salt, and a few grains paprika. Shape in balls, roll in sifted cracker crumbs, flatten, and place halves of salted English walnuts opposite each other on each

piece. The olives may be omitted and unsalted nuts may be used. Arrange on a plate covered with a lace paper doily.

Stuffed Figs

Mash cream cheese, moisten with heavy cream, and season highly with salt and cayenne; then make into balls three-fourths inch in diameter. Wash and dry figs, make an incision in each, and stuff with cheese balls. Arrange in piles on a plate covered with a lace paper doily. Serve as an accompaniment to dressed lettuce or any light dinner salad.

Parmesan Cheese Sticks

Toss one cup bread dough on a floured board, pat and roll in rectangular shape as thin as possible. Spread with one tablespoon butter, dredge with flour, and fold from ends so as to make three layers. Repeat three times and cut in finger-shaped pieces. Arrange on sheet, cover, let stand fifteen minutes, and bake. Remove from oven, brush over with white of egg, and roll in grated Parmesan cheese, seasoned with salt and cayenne. Return to oven and bake four minutes.

Pea Roast

¾ cup bread crumbs
½ cup canned pea pulp
1 tablespoon sugar
¼ cup English walnut meats, finely chopped
1 egg
¾ teaspoon salt
⅛ teaspoon pepper
¼ cup butter
¾ cup milk

Break stale bread in pieces, dry in oven, roll, and put through a purée strainer; there should be three-fourths cup bread crumbs. Drain canned peas, rinse thoroughly with cold water, put in saucepan, cover with cold water, bring to the boiling-point and let boil three minutes. Drain and force through a purée strainer; there should be one-half cup pulp. Mix bread crumbs, pea pulp, sugar, nut meats, egg slightly beaten, salt, pepper, butter, and milk. Turn into a small bread pan lined with paraffine paper, and let stand fifteen minutes. Cover and bake in a slow oven forty minutes. Remove to hot serving dish, and garnish with Carrot Timbales.

Mock Sausages

Pick over one-half cup lima beans and soak over night in cold water to cover. Drain and cook in boiling, salted water until soft; again

drain and force through a purée strainer; there should be three-fourths cup pulp. Add one-third cup rolled dried bread crumbs, three tablespoons heavy cream or butter, a few grains pepper, one-fourth teaspoon salt, one-half teaspoon sage, and one egg beaten slightly. Shape in the form of sausages, dip in crumbs, egg and crumbs, and fry in olive oil. Drain, arrange on serving dish, and garnish with fried apple rings.

Pecan Nut Loaf

1 cup hot boiled rice
1 cup pecan nut meats, finely chopped
1 cup cracker crumbs
1 egg
1 cup milk
1½ teaspoons salt
¼ teaspoon pepper
1 tablespoon melted butter

Mix rice, nut meats, and cracker crumbs; then add egg well beaten, milk, salt, and pepper. Turn into a buttered small bread pan; pour over butter, cover, and bake in a moderate oven one hour. Turn on a hot platter and pour around the following sauce:

Cook three tablespoons butter with two slices onion, three minutes, stirring constantly. Add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one and one-half cups milk. Bring to the boiling-point and add one-half teaspoon salt and a few grains pepper, and strain.

CHAPTER VII

EGGS

COMPOSITION

Protein, 14.9%	Mineral matter, 1%
Fat, 10.6%	Water, 73.5%

EGGS, like milk, form a typical food, inasmuch as they contain all the elements, in the right proportion, necessary for the support of the body. Their highly concentrated, nutritive value renders it necessary to use them in combination with other foods rich in starch (bread, potatoes, etc.). In order that the stomach may have enough to act upon, a certain amount of bulk must be furnished.

A pound of eggs (nine) is equivalent in nutritive value to a pound of beef. Eggs being rich in protein serve as a valuable substitute for meat.

White of egg contains albumen in its purest form. Albumen coagulates at a temperature of from 134° to 160° F. Herein lies the importance of cooking eggs at a low temperature, thus rendering them easy of digestion. Eggs cooked in boiling water are tough and horny, difficult of digestion, and should never be served.

When eggs come from the market, they should be wiped, and put away in a cold place.

Ways of Determining Freshness of Eggs. I. Hold in front of candle flame in dark room, and the centre should look clear.

II. Place in basin of cold water, and they should sink.

III. Place large end to the cheek, and a warmth should be felt.

IV. Rough shell.

Ways of Keeping Eggs. I. Pack in sawdust, small end down.

II. Keep in lime water.

III. Put up in water glass.

IV. From July to September a larger number of eggs are packed, small ends down, in cases having compartments, one for each egg, and kept in cold storage. Eggs are often kept in cold storage six months, and then sold as cooking eggs.

Boiled Eggs

Have ready a saucepan containing boiling water. Carefully put in with a spoon the number of eggs desired, covering them with water. Remove saucepan to back of range, where water will not boil. Cook from six to eight minutes if liked "soft-boiled", forty to forty-five if liked "hard-boiled." Eggs may be cooked by placing in cold water and allowing water to heat gradually until the boiling-point is reached, when they will be soft-boiled. In using hard-boiled eggs for making other dishes, when taken from the hot water they should be plunged into cold water to prevent, if possible, discoloration of yolks.

Eggs perfectly cooked should be placed and kept in water at a uniform temperature of 175° F.

Dropped Eggs (Poached)

Have ready a frying-pan two-thirds full of boiling salted water, allowing one-half tablespoon salt to one quart of water. Put two or three buttered muffin rings in the water. Break each egg separately into a saucer, and carefully slip into a muffin ring. The water should cover the eggs. When there is a film over the top, and the white is firm, carefully remove with a buttered skimmer to circular pieces of buttered toast, and let each person season his own egg with butter, salt, and pepper. If cooked for an invalid, garnish with four toast-points and a bit of parsley. An egg-poacher may be used instead of muffin rings.

French Poached Eggs

Put three pints boiling water in saucepan and add one tablespoon vinegar and one-half tablespoon salt. Stir vigorously around and around edge of saucepan (using a wooden spoon held in a nearly upright position) while water is boiling vigorously.

As soon as well is formed in middle of water, slip in an egg. Remove to back of range and cook until white is set. Take out with a skimmer and trim. Repeat until the desired number of eggs is prepared.

Eggs à la Finnoise

Serve Dropped Eggs with Tomato Sauce I.

Poached Eggs à la Reine

Cover circular pieces of toasted bread with sliced fresh mushrooms sautéed in butter and moistened with cream. Poach eggs and arrange

on mushrooms. Pour over all White Sauce to which grated Parmesan cheese has been added. Sprinkle with grated cheese and put in oven to brown. Garnish with canned pimentos cut in fancy shapes.

Eggs à la Tripe

Serve dropped eggs on Lobster Croquettes (see p. 437) shaped in flat round cakes one-half inch thick. Garnish with lobster claws and parsley.

Eggs à la Benedict

Split and toast English muffins. Sauté circular pieces of cold boiled ham, place these over the halves of muffins, arrange on each a dropped egg, and pour around Hollandaise Sauce II (see p. 327), diluted with cream to make of right consistency to pour easily.

Eggs à la Lee

Cover circular pieces of toasted bread with thin slices cold boiled ham. Arrange on each a dropped egg, and pour around

Mushroom Purée. Clean one-fourth pound mushrooms, break caps in pieces, and sauté five minutes in one tablespoon butter. Add one cup chicken stock and simmer five minutes. Rub through a sieve and thicken with one tablespoon each butter and flour cooked together. Season with salt and pepper.

Eggs à la Commodore

Cut slices of bread in circular pieces and sauté in butter. Remove a portion of centre, leaving a rim one-fourth inch wide. Spread cavity thus made with pâté de foie gras purée, place a poached egg in each and pour over a rich brown or Béchamel sauce to which is added a few drops vinegar. Garnish with chopped truffles.

Eggs, Waldorf Style

Arrange poached eggs on circular pieces of buttered toast, surround with Brown Mushroom Sauce (see p. 320), and place a broiled mushroom cap on each egg.

Poached Eggs with Sauce Bearnaise

Poach six eggs, arrange in serving dish, cover eggs alternately with red and yellow sauce, and garnish with parsley.

Sauce Bearnaise. Beat yolks three eggs slightly, add three tablespoons olive oil, two tablespoons hot water, three-fourths tablespoon

tarragon vinegar, one-fourth teaspoon salt, and a few grains cayenne. Cook over boiling water until mixture thickens. Color one-half the sauce with Tomato Purée (tomatoes drained from the liquor, stewed, strained, and cooked until reduced to a thick pulp).

Eggs à la Victoria

Cut bread in third-inch slices, shape with a round cutter, and sauté in butter until delicately browned. On each round of bread place a sautéed chicken's liver, over liver a French poached egg, and pour over all Tomato Sauce. Sprinkle with finely cut chives and serve at once.

Windsor Eggs

Arrange four poached eggs on circular pieces of buttered toast, sprinkle with one and one-half tablespoons sautéed chopped mushroom caps, pour around Windsor Sauce, and sprinkle sauce with one-half teaspoon finely chopped parsley, and one-half teaspoon finely cut chives.

Windsor Sauce. Melt three tablespoons butter, add three tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, three-fourths cup highly seasoned chicken stock, and one-fourth cup cream. Bring to the boiling-point and add one-fourth teaspoon salt, one-eight teaspoon pepper, and the yolk of one egg, slightly beaten.

Eggs Molet Chasseur

2 shallots
1 tablespoon butter
6 mushroom caps
½ cup chicken stock
2 tablespoons Sherry wine
¼ teaspoon salt
Few grains pepper
Few grains cayenne
8 French poached eggs
4 tablespoons cream
2 tablespoons grated Parmesan cheese

Finely chop shallots and cook in butter, stirring constantly, three minutes. Add mushroom caps, peeled and chopped, and cook five minutes; then add stock, wine, salt, pepper, and cayenne. Bring to the boiling-point and let simmer ten minutes. Turn into a shallow, buttered baking dish and place on sauce French poached eggs. Pour over cream, sprinkle with cheese, and let stand in oven until cheese has melted.

Eggs à la Suisse

4 eggs
½ cup cream
1 tablespoon butter
Salt
Pepper
Cayenne
2 tablespoons grated cheese

Heat a small omelet pan, put in butter, and when melted, add cream. Slip in the eggs one at a time, sprinkle with salt, pepper, and a few grains of cayenne. When whites are nearly firm, sprinkle with cheese. Finish cooking and serve on buttered toast. Strain cream over the toast.

Eggs Susette

Wash and bake six large potatoes, cut slice from top of each, scoop out inside, and mash. To three cups mashed potato add six tablespoons finely chopped ham, two tablespoons finely chopped parsley, whites of two eggs well beaten, three tablespoons butter, four tablespoons cream, and salt and pepper. Line potato shells with mixture, place in each cavity a poached egg, cover with potato mixture, and bake until browned. Care must be taken to have eggs delicately poached.

Baked Eggs with Pimiento Potatoes

To two cups hot riced potatoes, add two tablespoons butter, one-third cup rich milk, and one-half teaspoon salt. Beat vigorously three minutes, add one and one-half canned pimientos, forced through a strainer, and continue the beating until mixture is thoroughly blended. Pile evenly on a buttered baking dish, and make four cavities. In each cavity slip a raw egg, and bake until eggs are set.

Baked or Shirred Eggs

Butter an egg-shirrer. Cover bottom and sides with fine cracker crumbs. Break an egg into a cup, and carefully slip into shirrer. Cover with seasoned buttered crumbs, and bake in moderate oven until white is firm and crumbs brown. The shirrers should be placed on a tin plate, that they may be easily removed from the oven.

Eggs may be baked in small tomatoes. Cut a slice from stem end of tomato, scoop out the pulp, slip in an egg, sprinkle with salt and pepper, cover with buttered crumbs, and bake.

Florentine Eggs in Casseroles

Finely chop cooked spinach and season with butter and salt. Put one tablespoon spinach in each buttered individual casserole, sprinkle

with one tablespoon grated Parmesan cheese, and slip into each an egg. Cover each egg with one tablespoon Béchamel Sauce and one-half tablespoon grated Parmesan cheese. Bake until eggs are set and serve immediately.

Deerfoot Shirred Eggs

Cut six small sausages in half-inch pieces and fry in one teaspoon melted butter six minutes. Add one cup tomato sauce, to which has been added one teaspoon finely chopped parsley. Put mixture in six buttered shirred egg dishes, crack two eggs in each dish, and bake until eggs are set.

Scrambled Eggs

5 eggs — ½ teaspoon salt
½ cup milk — ⅛ teaspoon pepper
2 tablespoons butter

Beat eggs slightly with silver fork; add salt, pepper, milk. Heat omelet pan, put in butter, and when melted turn in the mixture. Cook until of creamy consistency constantly stirring and scraping from bottom and sides of the pan.

Scrambled Eggs with Tomato Sauce

6 eggs — 4 tablespoons butter
1¾ cups tomatoes — 1 slice onion
2 teaspoons sugar — ½ teaspoon salt
⅛ teaspoon pepper

Simmer tomatoes and sugar five minutes; fry butter and onion three minutes; remove onion, and add tomatoes, seasonings, and eggs slightly beaten. Cook same as Scrambled Eggs. Serve with entire wheat bread or brown bread toast.

Scrambled Eggs with Anchovy Toast

Spread thin slices of buttered toast with anchovy paste. Arrange on platter, and cover with scrambled eggs.

Eggs à la Buckingham

Make five slices milk toast and arrange on platter. Use recipe for Scrambled Eggs, having the eggs slightly under-done. Pour eggs over toast, sprinkle with four tablespoons grated mild cheese. Put in oven to melt cheese, and finish cooking eggs.

Eggs à la Turk

Prepare Scrambled Eggs, and pour over six slices of toasted bread. Put one tablespoon Tomato Purée on each piece, and in the centre of purée one-half tablespoon chickens' livers sautéed in bacon fat.

Eggs à la Livingstone

4 eggs
½ cup stewed and strained tomatoes
½ teaspoon salt
¼ teaspoon paprika
2 tablespoons butter
Pâté de foie gras
Finely chopped truffles

Beat eggs slightly, and add tomatoes, salt, and paprika. Melt butter in an omelet pan, add seasoned eggs, and cook same as Scrambled Eggs. Spread slices of toasted bread with pâté de foie gras. Pour over the eggs, and sprinkle with truffles.

Scrambled Eggs, Country Style

Heat omelet pan, put in two tablespoons butter, and when melted turn in four unbeaten eggs. Cook until white is partially set, then stir until cooking is completed, when whites will be thoroughly set. Season with salt and pepper.

Scrambled Eggs, New York Style

Cover a thin slice of ham with lukewarm water and let stand twenty-five minutes; then cut in thin Julienne-shaped pieces; there should be one cup. Put ham in omelet pan, add two tablespoons finely chopped onion and one and one-half tablespoons butter, and cook five minutes. Add five mushroom caps, peeled, cut in slices, and cook five minutes. Arrange in a border around serving dish, fill centre with Scrambled Eggs, and garnish with parsley.

Scrambled Eggs with Sweetbreads

4 eggs
½ teaspoon salt
⅛ teaspoon pepper
½ cup milk
1 sweetbread, parboiled and cut in dice
2 tablespoons butter

Beat eggs slightly, using a silver folk, add salt, pepper, milk, and sweetbread. Cook same as Scrambled Eggs.

Scrambled Eggs with Calf's Brains

Follow recipe for Scrambled Eggs with Sweetbreads, using calf's brains in place of sweetbreads.

To Prepare Calf's Brains. Soak one hour in cold water to cover. Remove membrane, and parboil twenty minutes in boiling, salted, acidulated water. Drain, put in cold water; as soon as cold, drain again, and separate in small pieces.

Acidulated Water is water to which vinegar or lemon juice is added. One tablespoon of the acid is allowed to one quart water.

Eggs à la Caracas

2 oz. smoked dried beef
1 cup tomatoes
¼ cup grated cheese
Few drops onion juice
Few grains cinnamon
Few grains cayenne
2 tablespoons butter
3 eggs

Pick over beef and chop finely, add tomatoes, cheese, onion juice, cinnamon, and cayenne. Melt butter, add mixture, and when heated, add eggs well beaten. Cook same as Scrambled Eggs.

Buttered Eggs

Heat omelet pan. Put in one tablespoon butter; when melted, slip in an egg, and cook until the white is firm. Turn it over once while cooking. Add more butter as needed, using just enough to keep egg from sticking.

Eggs au Beurre Noir

Butter
Salt
Pepper
4 eggs
1 teaspoon vinegar

Put one tablespoon butter in a hot omelet pan; when melted, slip in carefully four eggs, one at a time. Sprinkle with salt and pepper, and cook until whites are firm. Remove to a hot platter, care being taken not to break yolks. In same dish brown two tablespoons butter, add vinegar, and pour over eggs.

Buttered Eggs à la Roberts

Cook six Buttered Eggs, arrange on a hot platter, pour around Roberts Sauce, and garnish with parsley.

Roberts Sauce. Melt three-fourths tablespoon butter, add three shallots finely chopped, and one-half tablespoon flour, and cook five minutes. Add one tablespoon vinegar, one-half cup white stock, two chopped pickles, one-half tablespoon chopped capers, one teaspoon chopped olives, one-half teaspoon French mustard, one-fourth teaspoon salt, and a few grains cayenne. Cook ten minutes, stirring constantly.

Buttered Eggs with Tomatoes

Cut tomatoes in one-third inch slices. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Serve a buttered egg on each slice of tomato.

Planked Eggs

Finely chop cold cooked corned beef or corned tongue; there should be two-thirds cup. Add an equal quantity of fine bread crumbs, moisten with cream and season with salt and pepper. Spread mixture on plank, and make nests and border of Duchess Potatoes, using rose tube. Put a buttered or poached egg in each nest and put in oven to brown potato. Garnish with tomatoes cut in halves and broiled, and parsley. Eggs may be sprinkled with buttered cracker crumbs, just before sending to oven, if preferred.

Fried Eggs

Fried eggs are cooked as Buttered Eggs, without being turned. In this case the fat is taken by spoonfuls and poured over the eggs. Lard, pork, ham, or bacon fat are usually employed, — a considerable amount being used.

Eggs à la Goldenrod

3 hard-boiled eggs
1 tablespoon butter
1 tablespoon flour
1 cup milk
½ teaspoon salt
⅛ teaspoon pepper
5 slices toast
Parsley

Make a thin white sauce with butter, flour, milk, and seasonings. Separate yolks from whites of eggs. Chop whites finely, and add them to the sauce. Cut four slices of toast in halves lengthwise. Arrange on platter, and pour over the sauce. Force the yolks through a potato ricer or strainer, sprinkling over the top. Garnish with parsley and remaining toast, cut in points.

Eggs au Gratin

Arrange Dropped Eggs on a shallow buttered dish. Sprinkle with grated Parmesan cheese. Pour over eggs one pint Yellow Béchamel Sauce. Cover with stale bread crumbs, and sprinkle with grated cheese. Brown in oven. Tomato or White Sauce may be used.

Eggs in Batter

1 egg
1½ tablespoons thick cream
2 tablespoons fine stale bread crumbs
¼ teaspoon salt

Mix cream, bread crumbs, and salt. Put one-half tablespoon of mixture in egg-shirrer. Slip in egg, and cover with remaining mixture. Bake six minutes in moderate oven.

Curried Eggs I

3 hard-boiled eggs
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
¼ teaspoon curry powder
⅛ teaspoon pepper
1 cup hot milk

Melt butter, add flour and seasonings, and gradually hot milk. Cut eggs in eighths lengthwise, and reheat in sauce.

Curried Eggs II

4 hard-boiled eggs
2 tablespoons butter
½ tablespoon finely chopped onion
2 tablespoons flour
1 teaspoon curry powder
½ teaspoon salt
⅛ teaspoon paprika
1⅓ cups scalded milk
½ cup cooked rice

Chop whites of eggs and add to sauce made of butter, flour, seasonings, and milk, then add rice; heat to boiling-point, fill puff paste cases and sprinkle with yolks of eggs rubbed through a sieve.

Scalloped Eggs

3 hard-boiled eggs
1 pint White Sauce I
¾ cup chopped cold meat
¾ cup buttered cracker crumbs

Chop eggs finely. Sprinkle bottom of a buttered baking dish with crumbs, cover with one-half the eggs, eggs with sauce, and sauce with meat; repeat. Cover with remaining crumbs. Place in oven on

centre grate, and bake until crumbs are brown. Ham is the best meat to use for this dish. Chicken, veal, or fish may be used.

Stuffed Eggs

Cut four hard-boiled eggs in halves crosswise; remove yolks, mash, and add two tablespoons grated cheese, one teaspoon vinegar, one-fourth teaspoon mustard, and salt and cayenne to taste. Add enough melted butter to make mixture of the right consistency to shape. Make in balls size of original yolks, and refill whites. Arrange on a serving dish, pour around one cup White Sauce, cover, and reheat.

Stuffed Eggs in a Nest

Cut hard-boiled eggs in halves lengthwise. Remove yolks, and put whites aside in pairs. Mash yolks, and add half the amount of devilled ham and enough melted butter to make of consistency to shape. Make in balls size of original yolks, and refill whites. Form remainder of mixture into a nest. Arrange eggs in the nest, and pour over one cup White Sauce I. Sprinkle with buttered crumbs, and bake until crumbs are brown.

Eggs à la Sidney

Arrange hard-boiled eggs, cut in thirds lengthwise, on pieces of toasted bread. Pour over eggs Soubise Sauce.

Eggs Huntington

4 hard-boiled eggs
1 tablespoon butter
1½ tablespoons flour
⅓ cup white stock
⅓ cup milk
½ teaspoon salt
Few grains cayenne
Grated cheese
¾ cup buttered cracker crumbs

Make a sauce of the butter, flour, stock, and milk; add eggs finely chopped and salt and cayenne. Fill buttered ramequin dishes with mixture, sprinkle with grated cheese, cover with cracker crumbs, and bake in a moderate oven until crumbs are brown.

Egg Farci I

Cut hard-boiled eggs in halves, crosswise. Remove yolks, and put whites aside in pairs. Mash yolks, and add equal amount of cold cooked chicken or veal, finely chopped. Moisten with melted butter

or Mayonnaise. Season to taste with salt, pepper, lemon juice, mustard, and cayenne. Shape and refill whites.

Egg Farci II

Clean and chop two chickens' livers, sprinkle with onion juice, and sauté in butter. Add the yolks of four hard-boiled eggs rubbed through a sieve, one teaspoon chopped parsley, and salt, pepper, and Tabasco Sauce to taste. Refill whites of eggs with mixture, cover with grated cheese, and bake until cheese melts. Serve in toast rings and pour around Tomato Purée.

Lucanian Eggs

5 hard-boiled eggs
1 cup cooked macaroni
½ cup grated cheese
Anchovy sauce
1¾ cups White Sauce II
Salt and paprika
Onion juice
¾ cup buttered crumbs

Cut eggs in eighths lengthwise, add macaroni, white sauce, and seasonings. Arrange in buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

Scotch Woodcock

4 hard-boiled eggs
3 tablespoons butter
1½ tablespoons flour
1 cup milk
¼ teaspoon salt
Few grains cayenne
Anchovy sauce

Make a thin white sauce of butter, flour, milk, and seasonings; add eggs finely chopped, and season with Anchovy Sauce. Serve on buttered toast. Anchovy Sauce may be omitted and one cup asparagus tips added.

Creamed Eggs with Sardines

4 tablespoons butter
¼ cup soft, stale bread crumbs
1 cup thin cream or top milk
2 hard-boiled eggs
1 half-box sardines
½ teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper

Melt butter, add bread crumbs and cream, and bring to the boiling-point; then add eggs, finely chopped, sardines freed from skin and bones, and seasonings. Again bring to the boiling-point and serve at once.

Stuffed Eggs in Aspic

Cut six hard-boiled eggs in halves lengthwise, remove yolks, and mash three. Add to mashed yolks three tablespoons melted butter, three anchovies, finely chopped, two teaspoons tarragon vinegar, one tablespoon French mustard, one-half tablespoon chopped capers, one-half teaspoon paprika, and one teaspoon salt. When well blended, fill halves of whites with mixture and coat with aspic. Arrange slices of chilled tomatoes on serving dish, marinate with French Dressing and place on each a prepared egg and surround with chopped aspic jelly colored light green.

Egg Soufflé

2 tablespoons butter
2 tablespoons flour
1 cup milk
1 cup cream
4 eggs
1 teaspoon salt
Few grains cayenne

Cream the butter, add flour, and pour on gradually scalded milk and cream. Cook in double boiler five minutes, and add yolks of eggs, beaten until thick and lemon-colored. Remove from fire, add seasonings, and fold in whites of eggs beaten until stiff and dry. Turn into a buttered dish, or buttered individual moulds, set in pan of hot water, and bake in a slow oven until firm. Egg Soufflé may be served with White Sauce I, highly seasoned with celery salt, paprika, and onion juice.

Egg Timbales

1 tablespoon butter
1 tablespoon flour
⅔ cup milk
3 eggs
1 tablespoon chopped parsley
½ teaspoon salt
⅛ teaspoon pepper
Few grains celery salt
Few grains cayenne

Make a sauce of the butter, flour, and milk; add yolks beaten until thick and lemon-colored, then add seasonings. Beat whites of eggs until stiff and dry, and cut and fold into first mixture. Turn into buttered moulds, set in pan of hot water, and bake in a slow oven until firm. Serve with Tomato Cream Sauce (see page 323).

Egg Custards, Bread Sauce

Beat three eggs slightly and add three-fourths cup milk. Season with one-half teaspoon salt, one-eighth teaspoon pepper, a few grains cayenne, and a few drops onion juice; then strain into buttered

timbale moulds, set in pan of hot water (having water half surround moulds), and bake until firm. Remove to serving dish and pour around Bread Sauce. This recipe makes a sufficient quantity for six timbales.

Egg and Pimiento Timbales

Line well-buttered timbale or Dario moulds with canned pimientos, fill with egg custard, place in pan of hot water, cover with buttered paper, and bake until firm. Turn on circular pieces of fried bread and serve with Bread Sauce.

Eggs à la Juliette

Decorate egg-shaped individual moulds with truffles, and cold boiled tongue cut in fancy shapes, and pistachio nuts blanched and split. Line mould with aspic jelly, drop in a poached egg yolk, cover with aspic jelly, let stand until firm, and turn on a thin oval slice of cold boiled tongue.

Eggs à la Parisienne

Butter small timbale moulds, sprinkle with finely chopped truffles, parsley, and cooked beets. Break eggs, and slip one into each mould, sprinkle with salt and pepper, set in pan of hot water, and cook until egg is firm. Remove from moulds on octagonal slices of toast, and pour around Tomato Sauce II (see p. 322).

Eggs Mornay

Break egg and slip into buttered egg-shirrers, allowing one or two eggs to each shirrer, according to size. Cover with White Sauce II (see p. 318), seasoned with one-third cup grated cheese, paprika, and yolks two eggs; cover with grated cheese and bake until firm.

Egg Croquettes

6 eggs	Salt
2 tablespoons butter	Pepper
1 slice onion	Yolks 3 eggs
⅓ cup flour	Stale bread crumbs
1 cup white stock	Grated cheese

Poach eggs and dry on a towel. Cook butter with onion three minutes. Add flour and, gradually, stock. Season with salt and pepper; then add yolks of eggs slightly beaten. Cook one minute, and cool. Cover eggs with mixture, roll in bread crumbs and cheese,

using equal parts, dip in egg, again roll in crumbs, fry in deep fat, and drain on brown paper. These may be served with a thin sauce, using equal parts of white stock and cream, and seasoning with grated cheese, salt, and paprika.

Egg Cutlets

2 tablespoons butter
4 tablespoons bread flour
1 cup scalded milk
1 teaspoon salt
½ teaspoon paprika
¼ teaspoon finely grated onion
1 tablespoon finely chopped parsley
Few gratings nutmeg
8 hard-boiled eggs

Melt butter, add flour and stir until thoroughly blended. Pour on gradually the milk, and bring to the boiling-point. Cook in double boiler five minutes and continue stirring. Cut eggs in coarse pieces, and add with remaining ingredients to sauce, cool, and shape in the form of cutlets. Dip in flour, egg and crumbs, fry in deep fat, and drain on paper. Make a cut at small end of each cutlet, and insert in each a two-inch piece of macaroni. Serve with White or Béchamel Sauce. The quantities given make eleven cutlets.

Eggs en Surprise

Cut stale bread in two-inch slices and then in circular or elliptical shapes. Remove centres, leaving cases. Fry in deep fat until delicately browned and drain on brown paper. Half fill cases thus made with Creamed Asparagus tips. French poach six eggs, coat with egg (slightly beaten and diluted with one tablespoon cold water), roll in bread crumbs to which has been added Parmesan cheese (allowing two tablespoons cheese to three-fourths cup crumbs), and fry one minute in very hot deep fat. Drain and arrange in croustades. Garnish with parsley.

Chaudfroid Eggs Alexandria

French poach six eggs, trim into shape and let cool. Melt one tablespoon butter, add one tablespoon flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken stock. Bring to the boiling-point and add one-fourth teaspoon salt, one-eighth teaspoon pepper, a few grains cayenne, and one tablespoon granulated gelatine. Coat eggs with sauce and when sauce has become firm, place each egg in a puff paste case made of correct size. Garnish with thin slices of truffle cut in fancy shapes, and around each pipe a border of caviare butter.

Omelets

For omelets select large eggs, allowing one egg for each person, and one tablespoon liquid for each egg. Keep an omelet pan especially for omelets, and see that it is kept clean and smooth. A frying pan may be used in place of omelet pan.

Plain Omelet

4 eggs
½ teaspoon salt
Few grains pepper
4 tablespoons hot water
1 tablespoon butter
1½ cups White Sauce I

Separate yolks from whites. To yolks add salt, pepper, and hot water and beat until thick and lemon-colored. Beat whites until stiff, cutting and folding them into first mixture until they have taken up mixture. Heat omelet pan, and butter sides and bottom. Turn in mixture, spread evenly, place on range where it will cook slowly, occasionally turning the pan that omelet may brown evenly. When well "puffed" and delicately browned underneath, place pan on centre grate of oven to finish cooking the top. The omelet is cooked if it is firm to the touch when pressed by the finger. If it clings to the finger like the beaten white of egg, it needs longer cooking. Fold, and turn on hot platter, and pour around one and one-half cups White Sauce I.

Milk is sometimes used in place of hot water, but hot water makes a more tender omelet. A few grains baking powder are used by some cooks to hold up an omelet.

To Fold and Turn Omelet. Hold an omelet pan by handle with the left hand. With a case knife make two one-half inch incisions opposite each other at right angles to handle. Place knife under the part of omelet nearest handle, tip pan to nearly a vertical position; by carefully coaxing the omelet with knife, it will fold and turn without breaking.

Omelet with Meat or Vegetables

Mix and cook Plain Omelet. Fold in remnants of finely chopped cooked chicken, veal, or ham. Remnants of fish may be flaked and added to White Sauce; or cooked peas, asparagus, or cauliflower may be added.

Oyster Omelet

Mix and cook Plain Omelet. Fold in one pint oysters, parboiled, drained from their liquor, and cut in halves. Turn on platter, and pour around White Sauce I.

Orange Omelet

3 eggs
2 tablespoons powdered sugar
Few grains salt
1 teaspoon lemon juice
2 oranges
½ tablespoon butter
2½ tablespoons orange juice

Follow directions for Plain Omelet. Remove skin from oranges and cut in slices, lengthwise. Fold in one-third of the slices of orange, well sprinkled with powdered sugar; put remaining slices around omelet, and sprinkle with sugar.

Jelly Omelet

Mix and cook Plain Omelet, omitting pepper and one-half the salt, and adding one tablespoon sugar. Spread before folding with jam, jelly, or marmalade. Fold, turn, and sprinkle with sugar.

Bread Omelet

4 eggs
½ cup milk
½ cup stale bread crumbs
¾ teaspoon salt
⅛ teaspoon pepper
1 tablespoon butter

Soak bread crumbs fifteen minutes in milk, add beaten yolks and seasonings, fold in whites beaten until stiff. Cook and serve as Plain Omelet.

Cheese Omelet

2 eggs
1 tablespoon melted butter
½ tablespoon salt
Few grains cayenne
1 tablespoon grated cheese

Beat eggs slightly, add one-half teaspoon melted butter, salt, cayenne, and cheese. Melt remaining butter, add mixture, and cook until firm, without stirring. Roll, and sprinkle with grated cheese. Serve with graham bread sandwiches.

French Omelet

4 eggs
4 tablespoons milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter

Beat eggs slightly, just enough to blend yolks and whites, add the milk and seasonings. Put butter in hot omelet pan; when melted, turn in the mixture; as it cooks, pick up with a spatula until the whole is of creamy consistency. Place on hotter part of range that it may brown quickly underneath. Fold, and turn on hot platter.

Omelet with Croûtons

1 cup bread cut in ⅓ inch cubes
Butter
5 eggs
4 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper

Fry cubes of bread in butter until well browned and crisp. Beat eggs slightly, add cream, salt, pepper, and croûtons. Put two tablespoons butter in hot omelet pan, and as soon as melted and slightly browned turn in mixture and cook same as French Omelet.

Eggs with Spinach à la Martin

Cover the centre of a platter with finely chopped and seasoned cooked spinach. Beat three eggs slightly, add three tablespoons hot water, one-third teaspoon salt, one tablespoon, each, red and green pepper cut in strips, and one tablespoon cooked ham cut in very small pieces. Heat omelet pan, put in one and one-half tablespoons olive oil, and as soon as heated pour in mixture. Cook same as French Omelet and turn on to spinach. Garnish with parsley.

Spanish Omelet

Mix and cook a French Omelet. Serve with Tomato Sauce in the centre and around omelet.

Tomato Sauce. Cook two tablespoons of butter with one tablespoon of finely chopped onion, until yellow. Add one and three-fourths cups tomatoes, and cook until moisture has nearly evaporated. Add one tablespoon sliced mushrooms, one tablespoon capers, one-fourth teaspoon salt, and a few grains cayenne. This is improved by a small piece of red or green pepper, finely chopped, cooked with butter and onion.

Omelet à la Columbia

Cut thinly sliced bacon in small squares; there should be one-half cup. Wash, pare, slice, and cut potatoes in fourth-inch cubes; there should be one cup. Fry bacon until crisp and brown, and drain. To bacon fat add potatoes and fry until delicately browned; then drain and mix with bacon dice.

Make a French omelet; fold one-half the bacon and potato with omelet, turn on a hot platter, and surround with remaining bacon and potato. Garnish with parsley.

Omelet Soubise

Make a French omelet, turn on a hot copper or fireproof platter, pour over Onion Sauce, sprinkle with two tablespoons Parmesan cheese, put in a hot oven, and bake until cheese is melted.

Onion Sauce. Peel and finely chop one Bermuda onion and cook three minutes with two tablespoons butter, stirring constantly. Add two and one-half tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup milk. Bring to the boiling-point and let simmer three minutes; then add one egg yolk, slightly beaten and diluted with two tablespoons milk.

Japanese Lobster Omelet

Cook one teaspoon butter with one small onion, peeled and thinly sliced, five minutes. Add one stalk celery, washed, scraped, and thinly sliced crosswise, two tablespoons chicken stock, one-eighth teaspoon sugar, one teaspoon Soyou Sauce, and one-third cup lobster dice. Butter an individual omelet pan, turn in one-half the mixture, add one egg, slightly beaten, spread evenly, and cook until egg is set. Turn and fold same as other omelets; repeat.

Savoyarde Omelet

1 cup potato cubes
¾ tablespoon butter
¾ teaspoon onion juice
¼ teaspoon salt
Few grains pepper
½ cup boiled leeks
1 tablespoon chopped parsley
3 tablespoons grated cheese
2 tablespoons butter
5 eggs
⅔ cup cream
½ teaspoon salt
⅛ teaspoon pepper

Wash potatoes and boil without paring until soft. Cool, pare, and cut in half-inch cubes. Put potato cubes with butter, onion juice, salt, and pepper, in small frying pan, and cook until potatoes are slightly browned. Cut the white portion of leeks in thin slices crosswise, cook in boiling salted water until soft, and drain. Put two tablespoons butter in omelet pan and when melted pour in eggs, slightly beaten, to which have been added cream, salt, and pepper. As mixture cooks, prick and pick up with a fork; when about half done add prepared

potatoes, leeks, and parsley, and continue the cooking until the whole is of a creamy consistency. Add cheese, place on hot part of range, that it may brown quickly underneath; fold and turn on a hot serving dish. Garnish with sprig of parsley.

Rich Omelet

2½ tablespoons flour — 1 cup milk
¾ teaspoon salt — 3 eggs
3 tablespoons butter

Mrs. E. A. Dwinell

Mix salt and flour, and add gradually milk. Beat eggs until thick and lemon-colored, then add to first mixture. Heat iron frying pan and put in two-thirds of the butter; when butter is melted, pour in mixture. As it cooks, lift with a griddle-cake turner so that uncooked part may run underneath; add remaining butter as needed, and continue lifting the cooked part until it is firm throughout. Place on hotter part of range to brown; roll, and turn on hot platter.

Omelette Robespierre

3 eggs — 1 tablespoon powdered sugar
3 tablespoons hot water — ⅛ teaspoon salt
½ teaspoon vanilla

Beat eggs slightly, and add remaining ingredients. Put one and one-half tablespoons butter in a hot omelet pan, turn in mixture, and cook same as French Omelet. Fold, turn on a hot platter, sprinkle with powdered sugar, and score with a hot poker.

Almond Omelet, Caramel Sauce

3 eggs — Few grains salt
3 tablespoons caramel sauce — ½ teaspoon vanilla

Beat yolks of eggs until thick and lemon-colored, add caramel, salt, and vanilla, and cut and fold in whites of eggs beaten until stiff and dry. Put three-fourths tablespoon butter in a hot omelet pan, cover bottom of pan with shredded almonds, turn in mixture, and cook and fold same as Plain Omelet. Pour around

Caramel Sauce. Pour one cup sugar in omelet pan, and stir constantly, over hot part of range, until melted to a light brown syrup. Add three-fourths cup hot water, and let simmer ten minutes.

CHAPTER VIII

SOUPS

IT cannot be denied that the French excel all nations in the excellence of their cuisine, and to their soups and sauces belong the greatest praise. How may a hearty dinner be better begun than with a thin soup? The hot liquid, taken into an empty stomach, is easily assimilated, acts as a stimulant rather than a nutrient (as is the popular opinion), and prepares the way for the meal which is to follow. The cream soups and purées are so nutritious that, with bread and butter, they furnish a satisfactory meal.

Soups are divided into two great classes: soups with stock; soups without stock.

Soups with stock have, for their basis, beef, veal, mutton, fish, poultry, or game, separately or in combination. They are classified as: —

Bouillon, made from lean beef, delicately seasoned, and usually cleared. Exception, — clam bouillon.

Brown Soup Stock, made from beef (two-thirds lean meat, and remainder bone and fat), highly seasoned with vegetables, spices, and sweet herbs.

White Soup Stock, made from chicken or veal, with delicate seasonings.

Consommé, usually made from two or three kinds of meat (beef, veal, and fowl being employed), highly seasoned with vegetables, spices, and sweet herbs. Always served clear.

Lamb Stock, delicately seasoned, is served as mutton broth.

Soups without stock are classified as: —

Cream Soups, made of vegetables or fish, with milk, and seasonings. Always thickened.

Purées, made from vegetables or fish, forced through a strainer and retained in soup, milk, and seasonings. Generally thicker than cream soup. Sometimes White Stock is added.

Bisques, generally made from shell-fish, milk, and seasonings, and served with fish dice; made similarly to purées. They may be made of meat, or vegetables, with small dice of the same.

Various names have been given to soups, according to their flavorings, chief ingredients, the people who use them, etc. To the Scotch belongs Scotch Broth; to the French, Pot-au-feu; to the Indo, Mulligatawny; and to the Spanish, Olla Podrida.

SOUP MAKING

The art of soup making is more easily mastered than at first appears. The young housekeeper is startled at the amazingly large number of ingredients the recipe calls for, and often is discouraged. One may, with but little expense, keep at hand what is essential for the making of a good soup. Winter vegetables — turnips, carrots, celery, and onions — may be bought in large or small quantities. The outer stalks of celery, often not suitable for serving, should be saved for soups. At seasons when celery is a luxury, the tips and roots should be saved and dried. Sweet herbs, including thyme, savory, and marjoram, are dried and put up in packages, retailing from five to ten cents. Bay leaves, which should be used sparingly, may be obtained at first-class grocers' or druggists'; seeming never to lose strength, they may be kept indefinitely. Spices, including whole cloves, allspice berries, peppercorns, and stick cinnamon, should be kept on hand. These seasonings, with the addition of salt, pepper, and parsley, are the essential flavorings for stock soups. Flour, cornstarch, arrowroot, fine tapioca, sago, pearl barley, rice, bread, or eggs are added to give consistency and nourishment.

In small families, where there are few left-overs, fresh meat must be bought for the making of soup stock, as a good soup cannot be made from a small amount of poor material. On the other hand, large families need seldom buy fresh meat, provided all left-overs are properly cared for. The soup kettle should receive small pieces of beef (roasted, broiled, or stewed), veal, carcasses of fowl or chicken, chop bones, bones left from lamb roast, and all trimmings and bones, which a careful housewife should see are sent from the market with her order. Avoid the use of smoked or corned meats, or large pieces of raw mutton or lamb surrounded by fat, on account of the strong flavor so disagreeable to many. A small piece of bacon or lean ham is sometimes cooked with vegetables for flavor.

Beef ranks first as regards utility and economy in soup making. It should be cut from the fore or hind shin (which cuts contain marrow-bone), the middle cuts being most desirable. If the lower part

of shin is used, the soup, although rich in gelatin, lacks flavor, unless a cheap piece of lean meat is used with it, which frequently is done. It must be remembered that meat, bone, and fat in the right proportions are all necessary; allow two-thirds lean meat, the remaining one-third bone and fat. From the meat the soluble juices, salts, extractives (which give color and flavor), and a small quantity of gelatin are extracted; from the bone, gelatin (which gives the stock when cold a jelly-like consistency), and mineral matter. Gelatin is also obtained from cartilage, skin, tendons, and ligaments. Some of the fat is absorbed; the remainder rises to the top and should be removed.

Soup-stock making is rendered easier by use of proper utensils. Sharp meat knives, hardwood board, two purée strainers having meshes of different size, and a soup digester (a porcelain-lined iron pot, having tight-fitting cover, with valve in the top), or covered granite kettle, are essentials. An iron kettle, which formerly constituted one of the furnishings of a range, may be used if perfectly smooth. A saw, cleaver, and scales, although not necessary, are useful, and lighten labor.

When meat comes from market, remove from paper and put in cool place. When ready to start stock, if scales are at hand, weigh meat and bone to see if correct proportions have been sent. Wipe meat with clean cheesecloth wrung out of cold water. Cut lean meat in one-inch cubes; by so doing, a large amount of surface is exposed to the water, and juices are more easily drawn out. Heat frying pan hissing hot; remove marrow from marrow-bone, and use enough to brown one-third of the lean meat, stirring constantly, that all parts of surface may be seared, thus preventing escape of juices, — sacrificing a certain amount of goodness in the stock to give additional color and flavor, which is obtained by caramelization. Put fat, bone, and remaining lean meat in soup kettle; cover with cold water, allowing one pint to each pound of meat, bone, and fat. Let stand one hour, that cold water may draw out juices from meat. Add browned meat, taking water from soup kettle to rinse out frying pan, that none of the coloring may be lost. Heat gradually to boiling-point, and cook six or seven hours at low temperature. A scum will rise on the top, which contains coagulated albuminous juices; these give to soup its chief nutritive value; many, however, prefer a clear soup, and have them removed. If allowed to remain, when straining, a large part will pass through strainer. Vegetables, spices, and salt

should be added the last hour of cooking. Strain and cool quickly; by so doing, stock is less apt to ferment. A knuckle of veal is often used for making white soup stock. Fowl should be used for stock in preference to chicken, as it is cheaper, and contains a larger amount of nutriment. A cake of fat forms on stock when cold, which excludes air, and should not be removed until stock is used. To remove fat, run a knife around edge of bowl and carefully remove the same. A small quantity will remain, which should be removed by passing a cloth wrung out of hot water around edge and over top of stock. This fat should be clarified and used for drippings. If time cannot be allowed for stock to cool before using, take off as much fat as possible with a spoon, and remove the remainder by passing tissue or any absorbent paper over the surface.

How to Clear Soup Stock

Whites of eggs slightly beaten, or raw, lean beef finely chopped, are employed for clearing soup stock. The albumen found in each effects the clearing by drawing to itself some of the juices which have been extracted from the meat, and by action of heat have been coagulated. Some rise to the top and form a scum, others are precipitated.

Remove fat from cold stock, and put quantity to be cleared in stew-pan, allowing white and shell of one egg to each quart of stock. Beat egg slightly and add two teaspoons cold water to each egg, break shell in small pieces and add to stock. Place on front of range, and stir constantly until boiling-point is reached; boil two minutes. Set back and let stand, not stirring twenty minutes, and strain through a fine strainer placed over a larger fine strainer lined with a double thickness of cheesecloth. If stock to be cleared is not sufficiently seasoned, additional seasoning must be added as soon as stock has lost its jelly-like consistency; not after clearing is effected. Many think the flavor obtained from a few shavings of lemon rind an agreeable addition.

How to Bind Soups

Cream soups and purées, if allowed to stand, separate, unless bound. To bind a soup, melt butter, and add an equal quantity of flour; when well mixed add to soup, stirring constantly until boiling-point is reached.

SOUPS WITH MEAT STOCK

Brown Soup Stock

6 lb. shin of beef
3 quarts cold water
½ teaspoon peppercorns
6 cloves
½ bay leaf
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
Carrot, Turnip, Onion, Celery — ½ cup each, cut in dice
1 tablespoon salt

Wipe beef, and cut the lean meat in inch cubes. Brown one-third of meat in hot frying pan in marrow from a marrow-bone. Put remaining two-thirds with bone and fat in soup kettle, add water, and let stand for thirty minutes. Place on back of range, add browned meat, and heat gradually to boiling-point. Cover, and cook slowly six hours, keeping below boiling-point during cooking. Add vegetables and seasonings, cook one and one-half hours, strain, and cool as quickly as possible.

If cooked in a fireless cooker the vegetables may be added in the beginning.

Bouillon

5 lbs. lean beef from middle of round
2 lbs. marrow-bone
3 quarts cold water
1 teaspoon peppercorns
1 tablespoon salt
Carrot, Turnip, Onion, Celery — ⅓ cup each, cut in dice

Wipe, and cut meat in inch cubes. Put two-thirds of meat in soup kettle, and soak in water thirty minutes. Brown remainder in hot frying pan with marrow from marrow-bone. Put browned meat and bone in kettle. Heat to boiling-point; skim thoroughly, and cook at temperature below boiling-point five hours. Add seasonings and vegetables, cook one hour, strain, and cool. Remove fat, and clear. Serve in bouillon cups.

Tomato Bouillon with Oysters

1 can tomatoes
1½ quarts bouillon
1 tablespoon chopped onion
½ bay leaf
6 cloves
½ teaspoon celery seed
½ teaspoon peppercorns
1 pint oysters

Mix all ingredients except oysters and boil twenty minutes. Strain, cool, and clear. Add parboiled oysters and serve in bouillon cups with small croûtons.

Iced Bouillon

Flavor bouillon with Sherry or Madeira wine, and serve cold.

Jellied Mock Bouillon

2 quart cans tomatoes
2 cups water
4 stalks celery
8 slices carrot
¾ onion sliced
1 small green pepper
3 cloves
½ teaspoon peppercorns
Blade of mace
4 tablespoons granulated gelatine
⅓ cup Sherry
½ teaspoon salt
⅛ teaspoon pepper

Put tomatoes and water in saucepan, and add celery cut in pieces, carrot, onion, pepper (from which seeds have been removed), cloves, peppercorns, and mace. Bring to the boiling-point and let simmer fifteen minutes. Add gelatine and when gelatine has dissolved Sherry, salt, and pepper. Strain, turn into bouillon cups and chill. Jellied Mock Bouillon may be used in place of aspic.

Macaroni Soup

1 quart Brown Soup Stock
¼ cup macaroni, broken in half-inch pieces
Salt
Pepper

Cook macaroni in boiling salted water until soft. Drain, and add to stock heated to boiling-point. Season with salt and pepper. Spaghetti or other Italian pastes may be substituted for macaroni.

Tomato Soup with Stock

1 quart Brown Soup Stock
1 can tomatoes
½ teaspoon peppercorns
1 small bay leaf
3 cloves
3 sprigs thyme
4 tablespoons butter
⅓ cup flour
Onion, Carrot, Celery, Raw ham — ¼ cup each, cut in dice
Salt
Pepper

Cook onion, carrot, celery, and ham in butter five minutes, add flour, peppercorns, bay leaf, cloves, and thyme, and cook three minutes; then add tomatoes, cover, and cook slowly one hour. When cooked in oven it requires less watching. Rub through a strainer, add hot stock, and season with salt and pepper.

French Tomato Soup

1 quart Brown Soup Stock
1 can tomatoes
1 onion, sliced
2 cloves, garlic
4 sprigs parsley
2 sprigs thyme
Bit of bay leaf
6 peppercorns
1 teaspoon salt
⅛ teaspoon pepper
¼ teaspoon soda
½ tablespoon sugar
2 tablespoons butter
2 tablespoons cornstarch
1 cup cream
1 cup milk

Bring stock and tomatoes, mixed with vegetables, salt, and pepper, to the boiling-point and let boil thirty minutes. Rub through a sieve, return to range, and add soda and sugar. Melt butter, add cornstarch, and when well blended, pour on hot soup. Bring to the boiling-point, and just before serving add cream. Serve with croûtons.

Turkish Soup

5 cups Brown Soup Stock
¼ cup rice
1½ cups stewed and strained tomatoes
Bit of bay leaf
2 slices onion
10 peppercorns
¼ teaspoon celery salt
2 tablespoons butter
1½ tablespoons flour

Cook rice in Brown Stock until soft. Cook bay leaf, onion, peppercorns, and celery salt with tomatoes thirty minutes. Combine mixtures, rub through sieve, and bind with butter and flour cooked together. Season with salt and pepper if needed.

Creole Soup

1 quart Brown Soup Stock
1 pint tomatoes
3 tablespoons chopped green peppers
2 tablespoons chopped onion
¼ cup butter
⅓ cup flour
Salt
Pepper
Cayenne
2 tablespoons grated horseradish
1 teaspoon vinegar
¼ cup macaroni rings

Cook pepper and onion in butter five minutes. Add flour, stock, and tomatoes, and simmer fifteen minutes. Strain and season highly with salt, pepper, and cayenne. Just before serving add horseradish, vinegar, and macaroni previously cooked and cut in rings. Bottled horseradish may be used and vinegar omitted.

Julienne Soup

To one quart clear Brown Soup Stock, add one-fourth cup each carrot and turnip, cut in thin strips one and one-half inches long, previously cooked in boiling salted water, and two tablespoons, each, cooked peas and string beans. Heat to boiling-point.

Onion Soup

Wipe, peel, and thinly slice five small onions; put in a frying pan and cook in enough butter to prevent burning (stirring constantly) until soft. To six cups stock add onions and salt to taste. Cut stale bread in one-third-inch slices and remove crusts. Toast on both sides. Place in tureen, sprinkle with three tablespoons grated Parmesan cheese, and pour soup over bread just before sending to table.

Dinner Soup

- 3½ lbs. lean beef from round
- 2 lbs. marrow-bone
- 2 quarts cold water
- 1 can tomatoes
- 1 teaspoon peppercorns
- 1 tablespoon salt
- 1 tablespoon lean raw ham, finely chopped
- 2 tablespoons butter
- Carrot, Turnip } ⅓ cup each
- Onion, Celery } cut in small pieces
- 1 sprig parsley
- ½ bay leaf

Wipe meat and cut in inch cubes. Put one-half in kettle with marrow-bone, water, and tomatoes. Brown remaining half in hot frying pan with some marrow from bone, then turn into kettle. Heat slowly to boiling-point, and cook at temperature just below boiling-point five hours.

Cook ham and vegetables with butter five minutes, then add to soup with peppercorns, salt, parsley, and bay leaf. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Bortchock Soup

- 6 lb. shin of beef
- 3 quarts cold water
- 1 cup carrot cubes
- ½ cup sliced onion
- 6 cloves
- 1 allspice berry
- 2 sprigs parsley
- 2 stalks celery
- 1 beet finely cut
- 1 tablespoon salt
- 1 teaspoon peppercorns
- 2 tablespoons butter

Prepare and cook beef same as for Bouillon. Cook vegetables in butter five minutes; then add to soup with remaining seasonings. Cook one and one-half hours, strain, cool quickly, remove fat, and clear. When ready to clear, add one cup finely chopped raw beet and one-fourth cup vinegar. Select red beets for this soup, and serve as soon as possible after clearing, otherwise it will lose its bright red color, which makes the dish especially appropriate for an American Beauty Dinner.

Ox-tail Soup

1 small ox-tail
6 cups Brown Stock
Carrot, Turnip } ½ cup each, cut in fancy shapes
Onion, Celery } ½ cup each, cut in small pieces
½ teaspoon salt
Few grains cayenne
1 teaspoon Worcestershire Sauce
1 teaspoon lemon juice

Cut ox-tail in small pieces, wash, drain, sprinkle with salt and pepper, dredge with flour, and fry in butter ten minutes. Add to Brown Stock, simmer one hour. Drain and discard bone. Then add ox-tail meat and vegetables, which have been parboiled twenty minutes; simmer until vegetables are soft, add salt, cayenne, Worcestershire Sauce, and lemon juice.

Scotch Soup

3 lbs. mutton from fore-quarter
2 quarts cold water
½ tablespoon salt
¼ teaspoon pepper
2 slices turnip
½ onion
¼ cup flour
Carrot, Turnip } ¼ cup each, cut in small cubes
2 tablespoons pearl barley

Wipe meat, remove skin and fat, and cut meat in small pieces. Add water, heat gradually to boiling-point, skim, and cook slowly two hours. After cooking one hour, add salt, pepper, turnip, and onion. Strain, cool, remove fat, reheat, and thicken with flour diluted with enough cold water to pour easily. Cook carrot and turnip dice in boiling salted water until soft; drain, and add to soup. Soak barley over night, in cold water, drain, and cook in boiling salted water until soft; drain, and add to soup. If barley should be cooked in the soup, it would absorb the greater part of the stock. Barley may be omitted; in that case sprinkle with finely chopped parsley and serve with croûtons.

White Soup Stock I

3 lb. knuckle of veal
1 lb. lean beef
3 quarts boiling water
1 onion
6 slices carrot
1 large stalk celery
½ teaspoon peppercorns
½ bay leaf
2 sprigs thyme
2 cloves

French Chef

Wipe veal, remove from bone, and cut in small pieces; cut beef in pieces, put bone and meat in soup kettle, cover with cold water, and bring quickly to boiling-point; drain, throw away the water. Wash thoroughly bones and meat in cold water; return to kettle, add vegetables, seasonings, and three quarts boiling water. Boil three or four hours; the stock should be reduced one half.

White Soup Stock II

4 lb. knuckle of veal
2 quarts cold water
1 tablespoon salt
½ teaspoon peppercorns
1 onion
2 stalks celery
Blade of mace

Wipe meat, remove from bone, and cut in small pieces. Put meat, bone, water, and seasonings in kettle. Heat gradually to boiling-point, skimming frequently. Simmer four or five hours, and strain. If scum has been carefully removed, and soup is strained through double thickness of cheesecloth, stock will be quite clear.

White Soup Stock III

The water in which a fowl or chicken is cooked makes White Stock III. White Soup Stock may be made with Chicken Bouillon Cubes.

Chicken Soup with Wine

3 lb. fowl
2 quarts cold water
2 slices carrot
1 tablespoon salt
½ teaspoon peppercorns
1 onion, sliced
2 stalks celery
Bit of bay leaf
2 tablespoons Sauterne wine
1 teaspoon beef extract
1 cup cream
Salt
Pepper

Wipe and cut up fowl. Cover with water, and add carrot, salt, peppercorns, onion, celery, and bay leaf. Bring quickly to boiling-point, and let simmer until meat is tender. Remove meat and strain

stock. Chill, remove fat, reheat, and add wine, beef extract, and cream. Season with salt and pepper.

French White Soup

4 lb. fowl
Knuckle of veal
3 quarts cold water
1 onion, sliced
6 slices carrot
½ bay leaf
1 sprig parsley
½ teaspoon thyme
½ teaspoon peppercorns
½ tablespoon salt
1 tablespoon lean raw ham, finely chopped
4 tablespoons butter
3 tablespoons flour
1 cup cream
Yolks 2 eggs

Wipe, clean, and disjoint fowl. Wipe veal, remove from bone, and cut in small pieces. Put meat, bone, and water in kettle, heat slowly to boiling-point, skim, and cook slowly four hours. Cook vegetables and ham in one tablespoon butter five minutes, add to soup with peppercorns and salt, and cook one hour. Strain, cool, and remove fat. Reheat three cups stock, thicken with remaining butter and flour cooked together, and just before serving add cream and egg yolks. Garnish with one-half cup cooked green peas and Chicken Custard cut in dice.

White Soup

5 cups White Stock III
½ tablespoon salt
½ teaspoon peppercorns
1 slice onion
1 stalk celery
2 cups scalded milk
3 tablespoons butter
4 tablespoons flour
Yolks 2 eggs
Salt and pepper

Add seasonings to stock, and simmer thirty minutes; strain, and thicken with butter and flour cooked together; add scalded milk. Dilute eggs, slightly beaten, with hot soup, and add to remaining soup; strain, and season with salt and pepper. Serve at once or soup will have a curdled appearance.

Chicken Soup

6 cups White Stock III
1 tablespoon lean raw ham, finely chopped
6 slices carrot, cut in cubes
2 stalks celery
½ bay leaf
¼ teaspoon peppercorns
1 sliced onion
⅓ cup hot boiled rice

Add seasonings to stock, heat gradually to boiling-point, and boil thirty minutes; strain and add rice.

Turkey Soup

Break turkey carcass in pieces, removing all stuffing; put in kettle with any bits of meat that may have been left over. Cover with cold water, bring slowly to boiling-point, and simmer two hours. Strain, remove fat, and season with salt and pepper. One or two outer stalks of celery may be cooked with carcass to give additional flavor.

Hygienic Soup

6 cups White Stock III
¼ cup oatmeal
2 cups scalded milk
2 tablespoons butter
2 tablespoons flour
Salt and pepper

Heat stock to boiling-point, add oatmeal, and boil one hour; rub through sieve, add milk, and thicken with butter and flour cooked together. Season with salt and pepper.

Farina Soup

4 cups White Stock III
¼ cup farina
2 cups scalded milk
1 cup cream
Few gratings of nutmeg
Salt and pepper

Heat stock to boiling-point, add farina, and boil fifteen minutes; then add milk, cream, and seasonings.

Spring Soup

1 quart White Stock I or II
1 large onion thinly sliced
3 tablespoons butter
½ cup stale baker's bread
1 cup milk
1 cup cream
2 tablespoons flour
Salt and pepper

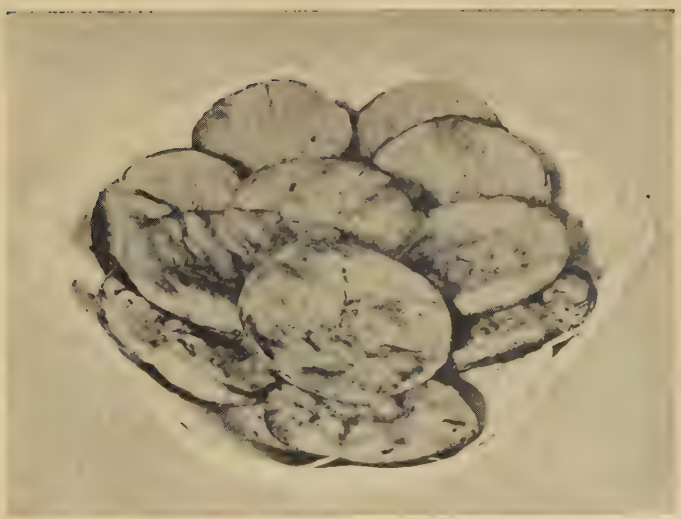
Cook onion fifteen minutes in one tablespoon butter; add to stock, with bread broken in pieces. Simmer one hour; rub through sieve. Add milk, and bind with remaining butter and flour cooked together; add cream, and season.

Duchess Soup

4 cups White Stock III
2 slices carrot, cut in cubes
2 slices onion
2 blades mace
½ cup grated mild cheese
⅓ cup butter
¼ cup flour
1 teaspoon salt
⅛ teaspoon pepper
2 cups scalded milk

Cook vegetables three minutes in one and one-half tablespoons butter, then add stock and mace; boil fifteen minutes, strain, and add

Utensils for making Cream Soups. — *Page 163.*



Soufflèd Crackers. — *Page 173.*

Broiled Mackerel, garnished with Potato Balls, Cucumber Ribbons, Slices of Lemon cut in Fancy Shapes, and Parsley. — *Page 181.*

Stuffed Haddock ready for Baking. — *Page 180.*

milk. Thicken with remaining butter and flour cooked together; add salt and pepper. Stir in cheese and serve as soon as cheese is melted.

Potage à la Reine

4 cups White Stock III
½ teaspoon peppercorns
1 stalk celery
1 slice onion
½ tablespoon salt
Yolks 3 hard-boiled eggs
⅓ cup cracker crumbs
Breast meat from a boiled chicken
2 cups scalded milk
½ cup cold milk
3 tablespoons butter
3 tablespoons flour

Cook stock with seasonings twenty minutes. Rub yolks of eggs through sieve. Soak cracker crumbs in cold milk until soft; add to eggs. Chop meat and rub through sieve; add to egg and cracker mixture. Then pour milk on slowly, and add to strained stock; boil three minutes. Bind with butter and flour cooked together.

Royal Soup

1 cup stale bread crumbs
½ cup milk
Yolks 3 hard-boiled eggs
Breast meat from a boiled chicken
Salt and pepper
1½ cups scalded milk
3½ cups White Stock III
2½ tablespoons butter
2½ tablespoons flour

Soak bread crumbs in milk, add yolks of eggs rubbed through a sieve and chicken meat also rubbed through a sieve. Add gradually milk, and chicken stock highly seasoned. Bind with butter and flour cooked together, and season with salt and pepper.

Chicken Gumbo

1 onion, finely chopped
4 tablespoons butter
1 quart White Stock III
½ green pepper, finely chopped
½ can okra
2 teaspoons salt
¼ teaspoon pepper

Cook onion with butter five minutes, stirring constantly. Add to chicken stock to which have been added remaining ingredients. Bring to the boiling-point and let simmer forty minutes.

Pimiento Bisque

½ cup rice
3 pints White Stock III
5 canned pimientos
1½ teaspoons salt
½ teaspoon Tabasco Sauce
½ cup cream
Yolks 2 eggs

Cook rice and stock in double boiler until rice is tender; then rub through a sieve. Add pimientos, rubbed through a sieve, salt, and Tabasco Sauce. Bring to the boiling-point and add egg yolks slightly beaten and diluted with cream.

Cream Chestnut Soup

1 cup Italian chestnuts
1 quart White Stock III
1½ cups cream
½ teaspoon salt
⅛ teaspoon paprika

Pick over, wash, and cook chestnuts in boiling water two minutes. Drain, gash, cool, and remove shells. Add stock, bring to the boiling-point and let simmer until chestnuts are soft; then rub through a sieve and add remaining ingredients.

Potage Longchamps

1 can peas
2 slices onion
1½ teaspoons sugar
3 cups White Stock III
1 tablespoon butter
1 tablespoon flour
1 cup milk
Few sprigs fresh mint
¾ teaspoon salt
⅛ teaspoon pepper
⅓ cup cooked vermicelli

Drain and rinse peas. Add onion, sugar, and chicken stock, bring to the boiling-point, and let simmer thirty minutes. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, the hot stock. Again bring to the boiling-point and put through a purée strainer. Add milk and, while soup is reheating, allow mint to remain in it until it has imparted a delicate flavor. Remove mint and add salt, pepper, and vermicelli.

Nymph Aurora

1 quart White Stock III
2 slices onion
2 slices carrot
Bit of bay leaf
Sprig of marjoram
Blade mace
½ teaspoon peppercorns
2 tablespoons cornstarch
Leaf green
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons lemon juice
1 pint shrimps
½ cup heavy cream

Cook chicken stock with onion, carrot, bay leaf, marjoram, mace, peppercorns, and cornstarch twelve minutes. Strain, color with leaf green, and season with salt, pepper and lemon juice; then add shrimps cut in pieces. Reheat, add cream beaten until stiff, and serve at once.

St. Germain Soup

3 cups White Stock I, II, or III
1 can Marrowfat peas
1 cup cold water
½ onion
Bit of bay leaf
Sprig of parsley
Blade of mace
2 teaspoons sugar
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons butter
2 tablespoons cornstarch
1 cup milk

Drain and rinse peas, reserving one-third cup; put remainder in cold water with seasonings, and simmer one-half hour; rub through sieve and add stock. Bind with butter and cornstarch cooked together; boil five minutes. Add milk and reserved peas.

Imperial Soup

4 cups White Stock III
2 cups stale bread crumbs
2 stalks celery, broken in pieces
2 slices carrot, cut in cubes
1 small onion
3 tablespoons butter
Sprig of parsley
2 cloves
½ teaspoon peppercorns
Bit of bay leaf
Blade of mace
1 teaspoon salt
½ breast boiled chicken
⅓ cup blanched almonds
1 cup cream
½ cup milk
2 tablespoons flour

Cook celery, carrot, and onion in one tablespoon butter five minutes; tie in cheesecloth with parsley, cloves, peppercorns, bay leaf, and mace; add to stock with salt and bread crumbs, simmer one hour, remove seasonings, and rub through a sieve. Chop chicken meat and rub through sieve; pound almonds to a paste, add to chicken, then add cream. Combine mixtures, add milk, reheat, and bind with remaining butter and flour cooked together.

Asparagus Soup

3 cups White Stock II or III
1 can asparagus
2 cups cold water
1 slice onion
¼ cup butter
¼ cup flour
2 cups scalded milk
Salt and pepper

Drain and rinse asparagus, reserve tips, and add stalks to cold water; boil five minutes, drain, add stock, and onion; boil thirty minutes, rub through sieve, and bind with butter and flour cooked together. Add salt, pepper, milk, and tips.

Cream of Celery Soup

2 cups White Stock II or III
3 cups celery, cut in inch pieces
2 cups boiling water
1 slice onion
2 tablespoons butter
3 tablespoons flour
2 cups milk
1 cup cream
Salt
Pepper

Parboil celery in water ten minutes; drain, add stock, cook until celery is soft, and rub through sieve. Scald onion in milk, remove onion, add milk to stock, bind, add cream, and season with salt and pepper.

Spinach Soup

4 cups White Stock II or III
2 quarts spinach
3 cups boiling water
2 cups milk
¼ cup butter
⅓ cup flour
Salt
Pepper

Wash, pick over, and cook spinach thirty minutes in boiling water to which has been added one-fourth teaspoon powdered sugar and one-eighth teaspoon of soda; drain, chop, and rub through sieve; add stock, heat to boiling-point, bind, add milk, and season with salt and pepper.

Cream of Lettuce Soup

2½ cups White Stock II or III
2 heads lettuce finely cut
2 tablespoons rice
½ cup cream
¼ tablespoon onion, finely chopped
1 tablespoon butter
Yolk 1 egg
Few grains nutmeg
Salt
Pepper

Cook onion five minutes in butter, add lettuce, rice, and stock. Cook until rice is soft, then add cream, yolk of egg slightly beaten, nutmeg, salt, and pepper. Remove outer leaves from lettuce, using only tender part for soup.

Mushroom Soup

½ lb. mushrooms
4 cups White Stock III
¼ cup pearl sago
1 cup boiling water
1 cup heavy cream
Yolks 2 eggs
Salt and pepper

Clean and chop mushrooms, and add to stock. Cook twenty minutes and rub through a sieve. Cook sago in boiling water thirty minutes, add to stock, and as soon as boiling-point is reached, season with salt and pepper; then add cream and yolks of eggs.

Cream of Mushroom Soup

½ lb. mushroom stems
4 cups White Stock III
1 slice onion
¼ cup butter
¼ cup flour
¼ cup cream
¼ cup milk
Salt
Pepper
Lemon juice

Chop mushrooms, add to White Stock with onion, cook twenty minutes, and rub through a sieve. Reheat, bind with butter and flour cooked together, then add milk, cream, and salt, pepper, and lemon juice to taste. Cold water may be used in place of stock.

Cream of Watercress Soup

2 cups White Stock I, II, or III
2 bunches watercress
3 tablespoons butter
2 tablespoons flour
½ cup milk
Yolk 1 egg
Salt
Pepper

Cut finely leaves of watercress; cook five minutes in two tablespoons butter, add stock, and boil five minutes. Thicken with butter and flour cooked together, add salt and pepper. Just before serving, add milk and egg yolk, slightly beaten. Serve with slices of French bread, browned in oven.

Cream of Cauliflower Soup

4 cups hot White Stock II or III
1 cauliflower
¼ cup butter
1 slice onion
1 stalk celery, cut in inch pieces
½ bay leaf
¼ cup flour
2 cups milk
Salt
Pepper

Soak cauliflower, head down, one hour in cold water to cover; cook in boiling salted water twenty minutes. Reserve one-half flowerets, and rub remaining cauliflower through sieve. Cook onion, celery, and bay leaf in butter five minutes. Remove bay leaf, then add flour, and stir into hot stock; add cauliflower and milk. Season with salt and pepper; then strain, add flowerets, and reheat.

Cucumber Soup

3 large cucumbers
2 tablespoons butter
3 tablespoons flour
3 cups White Stock III
1 cup milk
1 slice onion
2 blades mace
½ cup cream
Yolks 2 eggs
Salt and pepper

Peel cucumbers, slice, and remove seeds. Cook in butter ten minutes; then add flour and stock. Scald milk with onion and mace. Combine mixtures and rub through a sieve. Reheat to boiling-point and add cream and egg yolks. Season with salt and pepper.

Almond Soup

- ⅔ cup almonds
- 6 bitter almonds
- 4 tablespoons cold water
- ⅛ teaspoon salt
- 3 cups White Stock III
- 1 small onion
- 3 stalks celery
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups scalded milk
- 1 cup cream
- Salt and pepper

Blanch, chop, and pound almonds in a mortar. Add gradually water and salt; then add stock, sliced onion, and celery, let simmer one hour, and rub through a sieve. Melt butter, add flour, and pour on gradually the hot liquor; then add milk, cream, and salt and pepper to taste. Serve with Mock Almonds (see p. 174).

String Bean Soup

- 4 cups White Stock I, II, or III
- 2 quarts string beans
- 2 cups scalded milk
- ¼ cup flour
- ¼ cup butter
- Salt and pepper

Cook beans until soft in boiling salted water to cover; drain and rub through sieve. Add pulp to White Stock then add milk; bind and season with salt and pepper. Garnish with Fritter Beans.

Soup à la Soubise

Thinly slice two Spanish onions, and cook ten minutes in one-fourth cup butter, stirring constantly. Add one quart White Stock III, cook slowly thirty minutes, and strain. Dilute three tablespoons flour with enough cold water to pour easily, add to soup, and bring to boiling-point. Then add one cup cream, and one tablespoon chopped green peppers, or one-fourth cup grated cheese. Season with salt and pepper.

Chestnut Purée

- 4 cups White Stock II or III
- 2 cups French chestnuts, boiled and mashed
- 1 slice onion
- ¼ teaspoon celery salt
- 2 cups scalded milk
- ¼ cup butter
- ¼ cup flour
- Salt
- Pepper

Cook stock, chestnuts, onion, and celery salt ten minutes; rub through sieve, add milk, and bind. Season with salt and pepper.

Chicken and Oyster Consommé

1 pint oysters
½ cup cold water
4 cups White Stock III
1 teaspoon salt
Few grains cayenne
½ cup cream

Finely chop oysters (reserving the soft portion of twelve), add cold water, and let simmer twenty-five minutes. Strain oyster liquor through a double thickness of cheesecloth, placed over fine wire strainer, and add to chicken stock. Season with salt and pepper and add cream and the soft parts of oysters, cooked until plump. Reheat and serve at once.

Crab Soup

6 hard-shelled crabs
3 cups White Stock III
⅔ cup stale bread crumbs
1 slice onion
1 sprig parsley
2 tablespoons butter
2 tablespoons flour
1 cup cream
Salt
Cayenne

Remove meat from crabs, and chop finely. Add stock, bread crumbs, onion, and parsley, and simmer twenty minutes. Rub through a sieve, bind with butter and flour cooked together, then add cream and seasonings. Serve with Pulled Bread.

Philadelphia Pepper Pot

Sliced onion, Chopped celery, Chopped green peppers — ¼ cup each
4 tablespoons butter
3½ tablespoons flour
5 cups hot White Stock III
½ cup heavy cream
½ lb. honeycomb tripe, cut in cubes
1½ cups potato cubes
½ teaspoon peppercorns, finely pounded
¾ tablespoon salt

Cook vegetables in three tablespoons butter fifteen minutes; add flour, and stir until well mixed; then add remaining ingredients except cream. Cover, and let cook one hour. Just before serving, add cream and remaining butter.

Mulligatawny Soup

5 cups White Stock II
1 cup tomatoes
Onion, cut in slices
Carrot, cut in cubes } ¼ cup each
Celery, cut in cubes
1 pepper, finely chopped
1 apple, sliced
1 cup raw chicken, cut in dice
¼ cup butter
⅓ cup flour
1 teaspoon curry powder
Blade of mace
2 cloves
Sprig of parsley
Salt and pepper

French Chef

Cook vegetables and chicken in butter until brown; add flour, curry powder, mace, cloves, parsley, stock, and tomato, and simmer one hour. Strain, reserve chicken, and rub vegetables through sieve. Add chicken to strained soup, season with salt and pepper, and serve with boiled rice.

Veal and Sago Soup

2½ lbs. lean veal
3 quarts cold water
¼ lb. pearl sago
2 cups scalded milk
Yolks 4 eggs
Salt and pepper

Order meat from market, very finely chopped. Pick over and remove particles of fat. Cover meat with water, bring slowly to boiling-point, and simmer two hours, skimming occasionally; strain and reheat. Soak sago one-half hour in enough cold water to cover, stir into hot stock, boil thirty minutes, and add milk; then pour mixture slowly on yolks of eggs, slightly beaten. Season with salt and pepper.

Veal Tomato Bisque

3 pints veal stock
⅓ cup tomato purée
¼ cup heavy cream
½ teaspoon salt
Few grains pepper
⅛ teaspoon soda

Mix veal stock, tomato purée, and cream. Bring to the boiling-point and add seasonings.

To obtain tomato purée put one-half can tomatoes in saucepan, bring to the boiling-point and let simmer until reduced two-thirds; then force through a purée strainer.

Cream of Watercress Soup

1 bunch watercress
3 cups veal stock
4½ tablespoons butter
⅓ cup flour
1 cup heavy cream
¾ teaspoon salt
⅛ teaspoon pepper
Green coloring

Wash, pick over, and finely chop cress. Add to stock, bring to the boiling-point and let simmer ten minutes; then strain through a double thickness of cheesecloth. Melt butter, add flour and stir until well blended; then pour on gradually, while stirring constantly, hot stock. Bring to the boiling-point. Add cream, salt, and pepper, and color delicately, using leaf green. Serve with Toasted Triangles.

Southdown Soup

Fore-quarter lamb
3 quarts cold water
1 onion
½ teaspoon peppercorns
½ tablespoon salt
⅓ cup string beans
⅓ cup boiled rice
¼ teaspoon celery salt or curry powder

Wipe lamb, discarding skin and fat, and cut lean meat in small pieces. Put in kettle with bones and add cold water. Cover, bring gradually to the boiling-point and let simmer four hours. During the last hour of the cooking add sliced onion, peppercorns, and salt. Strain, chill, and remove fat. Heat to the boiling-point and to each quart of the stock add beans, cut on the diagonal, in small pieces, rice, and celery salt.

Mock Turtle Soup I

1 calf's head
6 cloves
½ teaspoon peppercorns
6 allspice berries
2 sprigs thyme
⅓ cup sliced onion
⅓ cup carrot, cut in dice
2 cups brown stock
¼ cup butter
½ cup flour
1 cup stewed and strained tomatoes
Juice ½ lemon
Madeira wine

Clean and wash calf's head; soak one hour in cold water to cover. Cook until tender in three quarts boiling salted water (to which seasoning and vegetables have been added). Remove head; boil stock until reduced to one quart. Strain and cool. Melt and brown butter, add flour, and stir until well browned; then pour on slowly brown stock and bring to the boiling-point. Add headstock, tomato, one cup face-meat cut in dice, and lemon juice. Simmer five minutes; add Royal custard cut in dice, and Egg Balls, or Force-meat Balls. Add Madeira wine, and salt and pepper to taste.

Mock Turtle Soup II

1 calf's head
4 lb. knuckle of veal
1 lb. marrow bone
4 quarts cold water
1 small sliced carrot
2 sliced onions
3 sprigs thyme
2 sprigs marjoram
Bit of bay leaf
½ teaspoon clove
½ teaspoon peppercorns
⅛ teaspoon celery seed
4 allspice berries
2 blades mace
½ tablespoon salt
1½ tablespoons butter
1½ tablespoons flour
1½ tablespoons lemon juice
¼ cup Sherry wine
Salt and pepper

Clean and wash calf's head, put in kettle with veal and marrow bone; add cold water, cover, bring slowly to boiling-point and let simmer until meat leaves bone. Cut face meat in one-half inch cubes — there should be one cup — and set aside with brains to use as garnish. Put tongue, remaining calf's head meat and veal through meat chopper. Return to kettle containing stock and add vegetables and seasonings and let simmer two hours. Strain, cool, remove fat, reheat, and add butter and flour browned together. Add meat, lemon juice, Sherry, and salt and pepper to taste. Then add egg balls.

Egg Balls. Mash yolks of three hard-boiled eggs and add an equal measure of mashed calf's brains. Season highly with salt and pepper and add enough slightly beaten egg to hold mixture so that it may be shaped into small balls. Roll balls in flour and sauté in butter.

Consommé

3 lbs. beef, poorer part of round
1 lb. marrow-bone
3 lb. knuckle of veal
1 quart chicken stock
Carrot, Turnip, Celery } ⅓ cup each, cut in dice
⅓ cup sliced onion
2 tablespoons butter
1 tablespoon salt
1 teaspoon peppercorns
4 cloves
3 sprigs thyme
1 sprig marjoram
2 sprigs parsley
½ bay leaf
3 quarts cold water

Cut beef in one and one-half inch cubes, and brown one-half in some of the marrow from marrow-bone; put remaining half in kettle with cold water, add veal cut in pieces, browned meat, and bones. Let stand one-half hour. Heat slowly to boiling-point, and let simmer three hours, removing scum as it forms on top of kettle. Add one quart liquor in which a fowl was cooked, and simmer two hours.

Cook carrot, turnip, onion, and celery in butter five minutes; then add to soup, with remaining seasonings. Cook one and one-half hours, strain, cool quickly, remove fat, and clear.

Consommé à la Royal

Consommé, served with Royal Custard.

Consommé au Parmesan

Consommé, served with Parmesan Pâte à Chou.

Consommé Colbert

To six cups Consommé add one-third cup each of cooked green peas, flageolets, carrots cut in small cubes, and celery cut in small pieces. Serve a poached egg in each plate of soup.

Consommé aux Pâtes

Consommé, served with noodles, macaroni, spaghetti, or any Italian pastes, first cooked in boiling salted water.

Consommé d'Orleans

Consommé, served with red and white quenelles and French peas.

Consommé with Vegetables

Consommé, served with French string beans, and cooked carrots cut in fancy shapes with French vegetable cutters.

Consommé Princess

Consommé, served with green peas and cooked chicken meat cut in small dice.

Claret Consommé

To one quart Consommé add one and one-half cups claret, which has been cooked with a three-inch piece stick cinnamon ten minutes, and one tablespoon sugar. Color red.

Bortchock Consommé

Make same as Consommé, adding one-third cup chopped beets with vegetables; then add one cup finely chopped beets when clearing.

Filippini Consommé

2 cups consommé
1 cup brown stock
4 tablespoons pimiento purée
3 tablespoons Sherry wine
½ teaspoon salt
Few grains cayenne

Mix ingredients and clear, using the white and shell of one egg. To obtain pimiento purée, drain canned pimientos and force through a purée strainer.

Iced Pimiento Consommé

Remove fat from one quart consommé, and clear, using the white of one egg and two pounded canned pimientos. Chill thoroughly and serve very cold in bouillon cups.

Consommé Dubarry

5 lbs. veal, cut from fore-quarter
2 ox-tails
3 quarts cold water
½ cup carrot, cut in small pieces
½ cup celery, cut in small pieces
1 onion sliced
3 sprigs thyme
Bit of bay leaf
½ teaspoon peppercorns
1 tablespoon salt
1½ tablespoons butter
½ green pepper
Flowerets cooked cauliflower
¼ cup hot boiled rice
1 tablespoon shredded, blanched Jordan almonds
Royal custard

Wipe veal, remove meat, cut in small pieces and put with bones in soup kettle. Add ox-tails, wiped and cut in pieces, and pour over cold water. Heat gradually to the boiling-point, skim, cover, and let simmer four hours. Cook carrot, celery, onion, thyme, bay leaf, and peppercorns with butter ten minutes, stirring constantly. Add to soup and let simmer two hours; then add green pepper cut in strips and cook fifteen minutes. Strain, cool, and remove fat. Reheat and add remaining ingredients.

A consommé that does not require clearing.

Consommé Montmorency

4 lb. fowl
3 lb. knuckle of veal
3 quarts cold water
1 sliced onion
2 stalks celery
8 slices carrot
2 sprigs parsley
2 sprigs thyme
½ teaspoon peppercorns
2 tablespoons butter

Dress and clean fowl, put in a soup kettle and add veal cut in small pieces. Pour over water and add remaining ingredients, which have been cooked in butter eight minutes. Bring to the boiling-point and let simmer until fowl is tender. Remove fowl and let stock boil one and one-half hours. Strain, cool, remove fat, and clear, allowing the white and shell of one egg and one cup uncooked beet to each

quart. Garnish with one-fourth cup cooked green peas, one-fourth cup Julienne-shaped pieces of the white meat of cooked chicken, and one-fourth cup cooked pearl tapioca.

Consommé Japonais

3 lbs. lean beef
3 lbs. shin of beef
Carcass of roast chicken
1 sliced carrot
1 sliced onion
1 clove garlic
1 stalk celery
1 sprig parsley
10 peppercorns
2 cloves
5 allspice berries
¼ teaspoon thyme
1 quart cold water
1½ quarts boiling water
Salt
Pepper

Wipe meat, cut in small pieces, and put in a soup kettle. Add remaining ingredients except boiling water, salt, and pepper, cover and let stand on back of range one and one-half hours. Bring to the boiling-point and let boil five minutes, stirring constantly. Add boiling water and let simmer one and one-half hours. Season with salt and pepper, and strain through a piece of cheesecloth placed over a fine strainer.

Consommé Tillyprone

8 lb. shin of beef
4 lb. knuckle of veal
2 ozs. lean raw ham
4 quarts cold water
2 onions, sliced
1 small carrot
½ teaspoon celery seed
Small bay leaf
Blade of mace
2 sprigs parsley
2 sprigs marjoram
3 sprigs thyme
¾ teaspoon peppercorns
4 cloves
2 allspice berries
1-inch piece stick cinnamon
1 tablespoon salt
1 egg
¾ cup Brussels sprouts

Wipe beef and veal, remove lean meat from bones and cut in small pieces. Put in hot iron frying pan with ham and brown (turning frequently), using just enough butter to keep from burning. Remove to back of range, cover and cook one hour, turning occasionally. Put in soup kettle, add water, seasonings, and bones sawed in pieces. Bring quickly to boiling-point, skim, simmer six hours, and strain through cheesecloth placed over a fine wire strainer, when further clearing will not be necessary. Let stand twenty-four hours. Reheat and garnish with egg, slightly beaten, run through a strainer and cooked in soup.

Wash, pick over, and slice Brussels sprouts crosswise and cook in boiling salted water, to which are added a few grains soda, until soft; drain and add to soup.

SOUPS WITH FISH STOCK

Clam Bouillon

Wash and scrub with a brush one-half peck clams, changing the water several times. Put in kettle with three cups cold water, cover tightly, and steam until shells are well opened. Strain liquor, cool, and clear.

Oyster Stew

1 quart oysters	¼ cup butter
4 cups scalded milk	½ tablespoon salt
	⅛ teaspoon pepper

Clean oysters by placing in a colander and pouring over them three-fourths cup cold water. Carefully pick over oysters, reserve liquor, and heat it to boiling-point; strain through double cheesecloth, add oysters, and cook until oysters are plump and edges begin to curl. Remove oysters with skimmer, and put in tureen with butter, salt, and pepper. Add oyster liquor strained a second time, and milk. Serve with oyster crackers.

Scallop Stew

Make same as Oyster Stew, using one quart scallops in place of oysters.

Oyster Soup

1 quart oysters	Sprig of parsley
4 cups milk	Bit of bay leaf
1 slice onion	⅓ cup butter
2 stalks celery	⅓ cup flour
2 blades mace	Salt and pepper

Clean and pick over oysters as for Oyster Stew; reserve liquor, add oysters slightly chopped, heat slowly to boiling-point, and let simmer twenty minutes. Strain through cheesecloth, reheat liquor, and thicken with butter and flour cooked together. Scald milk with onion, celery, mace, parsley, and bay leaf; remove seasonings, and add to oyster liquor. Season with salt and pepper.

French Oyster Soup

1 quart oysters
4 cups milk
1 slice onion
2 blades mace
⅓ cup butter
⅓ cup flour
Yolks 2 eggs
Salt and pepper

Make same as Oyster Soup, adding yolks of eggs, slightly beaten, just before serving. Garnish with Fish Quenelles.

Oyster Soup, Amsterdam Style

1 quart oysters
Water
3 tablespoons butter
3½ tablespoons flour
½ teaspoon salt
Paprika
Celery salt
1 cup cream

Clean, pick over, chop, and parboil oysters; drain, strain through cheesecloth, and add to liquor enough water to make one quart liquid. Brown butter, add flour, and pour on gradually, while stirring constantly, oyster liquor. Let simmer one-half hour. Season with salt, paprika, and celery salt, and just before serving add cream.

Bisque of Oysters, Capucine

1 quart oysters
1½ quarts water
2 stalks celery
2 leeks
2 slices onion
2 sprigs parsley
2 cloves
½ bay leaf
½ cup rice
2 cups milk
2 teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon cayenne
⅛ teaspoon nutmeg
2 egg yolks
1 cup cream
1 cup canned peas

Parboil oysters in their own liquor. Strain, reserve liquor, and finely chop the oysters. To liquor add water, celery, leeks, onion, parsley, cloves, bay leaf, chopped oysters, rice, and milk. Bring to the boiling-point and let simmer one and one-quarter hours. Press through a sieve and add remaining seasonings; then egg yolks diluted with cream, and when boiling-point is again reached, peas.

Oyster Gumbo

1 pint oysters
4 cups Fish Stock
¼ cup butter
1 tablespoon chopped onion
½ can okra
⅓ can tomatoes
Salt
Pepper

Clean, pick over, and parboil oysters; drain, and add oyster liquor to Fish Stock. Cook onion five minutes in one-half the butter; add to stock. Then add okra, tomatoes heated and drained from some of their liquor, oysters, and remaining butter. Season with salt and pepper.

Fish Stock is the liquor obtained by covering the head, tail, skin, bones, and small quantity of flesh adhering to bones of fish, with cold water, bringing slowly to boiling-point, simmering thirty minutes, and straining.

Clam Soup with Poached Eggs

1 quart clams	2 tablespoons flour
4 cups milk	1½ teaspoons salt
1 slice onion	⅛ teaspoon pepper
⅓ cup butter	Few gratings nutmeg
White 1 egg	

Clean and pick over clams, using three-fourths cup cold water; reserve liquor. Put aside soft part of clams; finely chop hard part, add to liquor, bring gradually to boiling-point, strain through cheesecloth, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, add stock, seasonings, and soft part of clams. Bring to boiling-point and pour over whites of eggs beaten stiff.

Clam and Oyster Soup

1 pint clams	Sprig of parsley
1 pint oysters	Bit of bay leaf
4 cups milk	⅓ cup butter
1 slice onion	⅓ cup flour
2 blades mace	Salt and pepper

Clean and pick over oysters, using one-third cup cold water; reserve liquor, and add oysters slightly chopped. Clean and pick over clams, reserve liquor, and add to hard part of clams, finely chopped; put aside soft part of clams. Heat slowly to boiling-point clams and oysters with liquor from both, let simmer twenty minutes and strain through cheesecloth. Thicken with butter and flour cooked together and add soft part of clams. Scald milk with onion, mace, parsley, and bay leaf; remove seasonings, and add milk to stock. Season with salt and pepper.

Cream of Clam Soup

Make same as French Oyster Soup, using clams in place of oysters.

Clam Consommé

Wash two quarts clams in shell. Put in kettle with one-fourth cup cold water, cover, and cook until shells open. Strain liquor through double thickness cheesecloth, add to four cups consommé, and clear.

Clam and Chicken Frappé

Wash and scrub with a brush two quarts clams, changing water several times. Put in kettle with one-half cup cold water, cover tightly, and steam until shells are well opened. Remove clams from shells and strain liquor through double thickness cheesecloth. To one and two-thirds cups clam liquor add two and one-half cups White Stock III, highly seasoned. Cool, and freeze to a mush. Serve in place of a soup in frappé glasses, and garnish with whipped cream.

Clam and Tomato Bisque

1 quart clams
1½ cups cold water
⅓ cup butter
¼ cup flour
½ onion
2 cups cream
1 cup stewed and strained tomatoes
⅛ teaspoon soda
Salt
Cayenne

Pour water over clams, then drain. To water add hard part of clams finely chopped. Heat slowly to boiling-point, cook twenty minutes, then strain. Cook butter with onion five minutes; remove onion, add flour and gradually clam water. Add cream, soft part of clams, and as soon as boiling-point is reached, tomatoes to which soda has been added. Season with salt and cayenne, and serve at once.

Manhattan Clam Bisque

2 quarts clams in shells
½ cup cold water
Hot water
3 tablespoons butter
3½ tablespoons flour
½ teaspoon salt
Few grains paprika
½ cup cream
½ cup milk

Wash clams thoroughly, put in kettle, add cold water, cover, and cook until shells are partially opened. Strain liquor through double thickness of cheesecloth, and add enough hot water to make one quart liquid. Brown butter, add flour and continue the browning; then pour on gradually the liquid. Bring to the boiling-point and let simmer twenty minutes. Add seasonings and cream. Serve in bouillon cups with

Pimiento Cream. Beat one-half cup heavy cream until stiff. Add the beaten white of one-half egg, two tablespoons pimiento purée, and a few grains salt. To obtain pimiento purée drain canned pimientos, dry on a towel, and force through a sieve.

Corinthian Clam Bisque

2 dozen soft-shelled clams
¼ cup water
1 sliced onion
Sprig parsley
Salt and pepper
2 cloves
Blade mace
2 tablespoons cornstarch
2 tablespoons cold water
1 quart milk

Wash clams, put in kettle, add water, cover, bring to the boiling-point, and cook until shells open. Remove clams from shells, chop finely, and add to liquor; then add onion, parsley, cloves, and mace and let simmer thirty minutes. Scald milk and thicken with cornstarch diluted with cold water. Cook ten minutes and add clam water, strained through a double thickness of cheesecloth. Season with salt and pepper, and serve in bouillon cups with whipped cream.

Oyster Bisque

1 quart oysters
2 cups White Stock III
1½ cups stale bread crumbs
1 slice onion
2 stalks celery
Sprig of parsley
Bit of bay leaf
2 tablespoons butter
2 tablespoons flour
4 cups scalded milk
Salt
Pepper

Clean and pick over oysters, reserving liquor, setting aside soft portions, and chopping gills and tough muscles. Cook White Stock, bread crumbs, reserved liquor, chopped oyster, onion, celery, parsley, and bay leaf thirty minutes. Rub through a sieve, bring to boiling-point, and bind with butter and flour cooked together. Add milk, soft portion of oysters, and salt and pepper to taste.

Cream of Scallop Soup

1 quart scallops
4 cups milk
2 cloves
Bit of bay leaf
¼ teaspoon peppercorns
1 tablespoon chopped onion
5 tablespoons butter
¼ cup flour
Salt
Pepper

Clean scallops, reserve one-half cup and finely chop remainder. Add these to milk, with seasonings and two tablespoons butter, and

cook slowly twenty minutes. Strain and thicken with remaining butter and flour cooked together. Parboil reserved scallops and add to soup. Serve with small biscuits or oysterettes.

Lobster Bisque

2 lbs. lobster
2 cups cold water
4 cups milk
¼ cup butter
¼ cup flour
1½ teaspoons salt
Few grains of cayenne

Remove meat from lobster shell. Add cold water to body bones and tough end of claws, cut in pieces; bring slowly to boiling-point, and cook twenty minutes. Drain, reserve liquor, and thicken with butter and flour cooked together. Scald milk with tail meat of lobster, finely chopped; strain, and add to liquor. Season with salt and cayenne; then add tender claw meat, cut in dice, and body meat. When coral is found in lobster, wash, wipe, force through fine strainer, put in a mortar with butter, work until well blended, then add flour and stir into soup. If a richer soup is desired, White Stock may be used in place of water.

CHAPTER IX

SOUPS WITHOUT STOCK

Mock Bouillon

2 quart cans tomatoes
2 cups water
4 stalks celery
8 slices carrot
¾ onion, sliced
1 small green pepper
3 cloves
½ teaspoon peppercorns
Blade of mace
⅓ cup Sherry
½ teaspoon salt
⅛ teaspoon pepper

PUT tomatoes and water in saucepan, and add celery cut in pieces, carrot, onion, pepper (from which seeds have been removed), cloves, peppercorns, and mace. Bring to the boiling-point and let simmer fifteen minutes. Strain, and add Sherry, salt, and pepper. Cool and clear. Serve in bouillon cups.

Black Bean Soup

1 pint black beans
2 quarts cold water
1 small onion
2 stalks celery, or
¼ teaspoon celery salt
½ tablespoon salt
⅛ teaspoon pepper
¼ teaspoon mustard
Few grains cayenne
3 tablespoons butter
1½ tablespoons flour
2 hard-boiled eggs
1 lemon

Soak beans over night; in the morning drain and add cold water. Slice onion, and cook five minutes with half the butter, adding to beans, with celery stalks broken in pieces. Simmer three or four hours, or until beans are soft; add more water as water boils away. Rub through a sieve, reheat to the boiling-point, and add salt, pepper, mustard, and cayenne well mixed. Bind with remaining butter and flour cooked together. Cut eggs in thin slices, and lemon in thin slices, removing seeds. Put in tureen, and strain the soup over them.

Baked Bean Soup

3 cups cold baked beans
3 pints water
2 slices onion
2 stalks celery
1½ cups stewed and strained tomatoes
2 tablespoons butter
2 tablespoons flour
1 tablespoon Chili sauce
Salt
Pepper

Put beans, water, onion, and celery in saucepan; bring to boiling-point and simmer thirty minutes. Rub through a sieve, add tomato, and Chili sauce, season to taste with salt and pepper, and bind with the butter and flour cooked together. Serve with Crisp Crackers.

Cream of Lima Bean Soup

1 cup dried lima beans
3 pints cold water
2 slices onion
4 slices carrot
1 cup cream or milk
4 tablespoons butter
2 tablespoons flour
1 teaspoon salt
½ teaspoon pepper

Soak beans over night; in the morning drain and add cold water; cook until soft, and rub through a sieve. Cut vegetables in small cubes, and cook five minutes in half the butter; remove vegetables, add flour, salt, and pepper, and stir into boiling soup. Add cream, reheat, strain, and add remaining butter in small pieces.

Cream of Artichoke Soup

6 artichokes
4 cups boiling water
2 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
Few grains cayenne
Few gratings nutmeg
2 tablespoons Sauterne wine
1 cup scalded cream
1 egg
2 cucumbers

Cook artichokes in boiling water until soft, and rub through a sieve. Melt butter, add flour and seasonings, pour on hot liquor, and cook one minute. Add cream, wine, and egg slightly beaten. Pare cucumbers, cut in one-third inch cubes, sauté in butter, and add to soup. Jerusalem artichokes are used for the making of this soup.

Celery Soup I

3 cups celery (cut in one-half inch pieces)
1 pint boiling water
2½ cups milk
1 slice onion
3 tablespoons butter
¼ cup flour
Salt and pepper

Wash and scrape celery before cutting in pieces, cook in boiling water until soft, and rub through a sieve. Scald milk with the onion, remove onion, and add milk to celery. Bind with butter and flour cooked together. Season with salt and pepper. Outer and old stalks of celery may be utilized for soups. Serve with croûtons, crisp crackers, or pulled bread.

Celery Soup II

3 stalks celery
3 cups milk
1 slice onion
3 tablespoons butter
3 tablespoons flour
Salt and pepper
1 cup cream

Break celery in one-inch pieces, and pound in a mortar. Cook in double boiler with onion and milk twenty minutes and strain. Thicken with butter and flour cooked together. Season with salt and pepper, add cream, strain into tureen, and serve at once.

Celery and Tomato Purée

1 bunch celery
2 teaspoons salt
3 pints cold water
2 tablespoons fat salt pork
1 onion, sliced
1 small carrot, sliced
1 leek, sliced
½ teaspoon thyme
2 cloves
Bit of bay leaf
1 teaspoon peppercorns
2 sprigs parsley
1 clove garlic, crushed
3½ tablespoons butter
2 tablespoons flour
1 pint tomatoes
1 tablespoon sugar
Salt and pepper

Break celery in one-inch pieces, and pound in a mortar. Add water and salt, bring slowly to the boiling-point, and let simmer one hour. Try out pork fat, add vegetables and seasonings and cook ten minutes stirring constantly; then add tomatoes, sugar, and salt and pepper to taste. Combine mixtures, and thicken with two tablespoons flour mixed with one and one-half tablespoons butter. Cover and cook slowly one hour. Rub through a sieve, add remaining butter, and serve at once.

Corn Soup

1 can corn
1 pint boiling water
1 pint milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
Few grains pepper

Chop the corn, add water, and simmer twenty minutes; rub through a sieve. Scald milk with onion, remove onion, and add milk to corn. Bind with butter and flour cooked together. Add salt and pepper. Serve with popped corn.

Halibut Soup

¾ cup cold boiled halibut
1 pint milk
1 slice onion
Blade of mace
3 tablespoons butter
1½ tablespoons flour
½ teaspoon salt
Few grains pepper

Rub fish through a sieve. Scald milk with onion and mace. Remove seasonings, and add fish. Bind with half the butter and flour cooked together. Add salt, pepper, and the remaining butter in small pieces.

Pea Soup

1 can Marrowfat peas
2 teaspoons sugar
1 pint cold water
1 pint milk
1 slice onion
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper

Drain peas from their liquor, add sugar and cold water, and simmer twenty minutes. Rub through a sieve, reheat, and thicken with butter and flour cooked together. Scald milk with onion, remove onion, and add milk to pea mixture, season with salt and pepper. Peas too old to serve as a vegetable may be utilized for soups.

Split Pea Soup

1 cup dried split peas
2½ quarts cold water
1 pint milk
½ onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
2-inch cube fat salt pork

Pick over peas and soak several hours, drain, add cold water, pork, and onion. Simmer three or four hours, or until soft; rub through a sieve. Add butter and flour cooked together, salt, and pepper. Dilute with milk, adding more if necessary. The water in which a ham has been cooked may be used; in such case omit salt.

Kornlet Soup

1 can kornlet
1 pint cold water
1 quart milk, scalded
4 tablespoons butter
1 tablespoon chopped onion
4 tablespoons flour
1½ teaspoons salt
Few grains pepper

Cook kornlet in cold water twenty minutes; rub through a sieve, and add milk. Fry butter and onion three minutes; remove onion, add flour, salt, and pepper, and stir into boiling soup.

Potato Soup

3 potatoes
1 quart milk
2 slices onion
3 tablespoons butter
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon celery salt
⅛ teaspoon pepper
Few grains cayenne
1 teaspoon chopped parsley

Cook potatoes in boiling salted water; when soft, rub through a strainer. There should be two and one-half cups. Scald milk with onion, remove onion, and add milk slowly to potatoes using a whisk. Melt half the butter, add dry ingredients, stir until well mixed, then stir into hot soup; boil one minute, strain, add remaining butter, and sprinkle with parsley.

Appledre Soup

Make same as Potato Soup, ad add, just before serving, three tablespoons tomato catsup.

Swiss Poto Soup

4 small potatoes
1 large flat white turnip
3 cups boiling water
1 quart scalded milk
½ onion
4 tablespoons butter
⅓ cup flour
1½ teaspoons salt
⅛ teaspoonepper

Wash, pare, and cut potatoes in lves. Wash, pare, and cut turnips in one-quarter inch slices. Parbil together ten minutes, drain, add onion cut in slices, and three ıps boiling water. Cook until vegetables are soft; drain, reservinghe water to add to vegetables after rubbing them through a sieve Add milk, reheat, and bind with butter and flour cooked together Season with salt and pepper.

Leek and Pota Soup

1 bunch leeks
1 cup celery
2½ tablespoons butter
1 quart milk
cups potatoes
tablespoons butter
:ablespoons flour
it and pepper
Cayenne

Cut leeks and celery in very thin sls crosswise and cook in two and one-half tablespoons butter, stirg constantly, ten minutes.

Add milk, and cook in double boiler forty minutes. Cut potatoes in slices and cut slices in small pieces; then cook in boiling salted water ten minutes. Melt two tablespoons butter, add flour, milk with vegetables, and potatoes. Cook until potatoes are soft, and season with salt, pepper, and cayenne.

Vegetable Soup

⅓ cup carrot	1 quart water
⅓ cup turnip	5 tablespoons butter
½ cup celery	½ tablespoon finely chopped parsley
1½ cups potato	Salt and pepper
½ onion	

Wash and scrape a small carrot. Wash and pare half a turnip. Wash and pare potatoes. Wash and scrape celery. Cut vegetables in cubes of uniform size. Cut onion in thin slices. Mix vegetables (except potatoes), and cook ten minutes, in four tablespoons butter, stirring constantly. Add potatoes, cover, and cook two minutes. Add water, and boil one hour or until vegetables are soft. Beat with spoon or fork to break vegetables. Add remaining butter and parsley. Season with salt and pepper.

Salmon Soup

⅓ can salmon	4 tablespoons flour
1 quart scalded milk	1½ teaspoons salt
2 tablespoons butter	Few grains pepper

Drain oil from salmon, remove skin and bones, rub through a sieve. Add gradually the milk, season, and bind.

Squash Soup

¾ cup cooked squash	3 tablespoons flour
1 quart milk	1 teaspoon salt
1 slice onion	Few grains pepper
2 tablespoons butter	¼ teaspoon celery salt

Rub squash through a sieve before measuring. Scald milk with onion, remove onion, and add milk to squash; season and bind.

Tomato Soup

1 quart tomatoes, raw or canned	2 teaspoons sugar
1 pint water	1 teaspoon salt
12 peppercorns	2 tablespoons butter
Bit of bay leaf	3 tablespoons flour
4 cloves	1 slice onion

Cook tomatoes, water, seasonings, and sugar twenty minutes; strain and add salt. Brown butter and flour cooked together; bind and strain into tureen.

Cream of Tomato Soup

½ can tomatoes
2 teaspoons sugar
¼ teaspoon soda
1 quart milk
1 slice onion
4 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with onion, remove onion, and thicken milk with flour diluted with cold water until thin enough to pour, being careful that the mixture is free from lumps; cook twenty minutes in double boiler, stirring constantly at first. Cook tomatoes with sugar fifteen minutes, add soda, and rub through a sieve; combine mixtures, and strain into tureen over butter, salt, and pepper.

Mock Bisque Soup

2 cups raw or canned tomatoes
2 teaspoons sugar
¼ teaspoon soda
½ onion, stuck with 6 cloves
Sprig of parsley
Bit of bay leaf
¾ cup stale bread crumbs
4 cups milk
½ tablespoon salt
⅛ teaspoon pepper
⅓ cup butter

Scald milk with bread crumbs, onion, parsley, and bay leaf. Remove seasonings and rub through a sieve. Cook tomatoes with sugar fifteen minutes; add soda and rub through a sieve. Reheat bread and milk to boiling-point, add tomatoes, and pour at once into tureen over butter, salt, and pepper. Serve with croûtons, crisp crackers, or soufflĕd crackers.

Corn Mock Bisque Soup

1 can corn chopped
1 quart milk
1 slice onion
3 tablespoons flour
¼ cup cold water
½ can tomatoes
¼ teaspoon soda
⅓ cup butter
2 teaspoons salt
⅛ teaspoon pepper
⅛ teaspoon paprika

Scald milk in double boiler with corn and onion. Mix flour with cold water to form a smooth paste and add to scalded milk; then cook twenty minutes, stirring constantly at first and afterward occasionally, and rub through a sieve. Cook tomatoes ten minutes,

add soda, and rub through a sieve. Combine mixtures and strain into a tureen. Add butter bit by bit and seasonings.

Berkshire Soup

1 onion, finely chopped
¼ cup butter
½ bay leaf
12 peppercorns
2 tablespoons flour
1 can tomatoes
2 tablespoons sugar
1 teaspoon salt
½ teaspoon pepper
2 cups water
1 can corn, chopped
½ cup cream
2 egg yolks

Cook onion and butter five minutes, stirring constantly. Add bay leaf, peppercorns, and flour, and cook two minutes; then add tomatoes, sugar, salt, pepper, and boiling water and simmer twenty minutes. Add corn, cook ten minutes, and force through a purée strainer. Just before serving add egg yolks, slightly beaten and diluted with cream.

CHOWDERS

Corn Chowder

1 can corn
4 cups potatoes, cut in ¼-inch slices
1½-inch cube fat salt pork
1 sliced onion
4 cups scalded milk
8 common crackers
3 tablespoons butter
Salt and pepper

Cut pork in small pieces and try out; add onion and cook five minutes, stirring often that onion may not burn; strain fat into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat; then add two cups boiling water; cook until potatoes are soft, add corn and milk, then heat to boiling-point. Season with salt and pepper; add butter, and crackers split and soaked in enough cold milk to moisten. Remove crackers, turn chowder into a tureen, and put crackers on top.

Fish Chowders

4 lb. cod or haddock
6 cups potatoes cut in ¼-inch slices, or
4 cups potatoes cut in ¾-inch cubes
1 sliced onion
1½-inch cube fat salt pork
1 tablespoon salt
⅛ teaspoon pepper
3 tablespoons butter
4 cups scalded milk
8 common crackers

Order the fish skinned, but head and tail left on. Cut off head and tail and remove fish from backbone. Cut fish in two-inch pieces and set aside. Put head, tail, and backbone broken in pieces, in stewpan; add two cups cold water and bring slowly to boiling-point; cook twenty minutes. Cut salt pork in small pieces and try out, add onion, and fry five minutes; strain fat into stewpan. Parboil potatoes five minutes in boiling water to cover; drain and add potatoes to fat; then add two cups boiling water and cook five minutes. Add liquor drained from bones, then add the fish; cover and simmer ten minutes. Add milk, salt, pepper, butter, and crackers split and soaked in enough cold milk to moisten, otherwise they will be soft on the outside, but dry on the inside. Pilot bread is sometimes used in place of common crackers.

Connecticut Chowder

4 lb. cod or haddock
4 cups potatoes cut in ¾-inch cubes
1½-inch cube fat salt pork
1 sliced onion
2½ cups stewed and strained tomatoes
3 tablespoons butter
⅔ cup cracker crumbs
Salt and pepper

Prepare same as Fish Chowder, using liquor drained from bones for cooking potatoes, instead of additional water. Use tomatoes in place of milk and add cracker crumbs just before serving.

Clam Chowder

1 quart clams
4 cups potatoes cut in ¾-inch cubes
1½-inch cube fat salt pork
1 sliced onion
1 tablespoon salt
⅛ teaspoon pepper
4 tablespoons butter
4 cups scalded milk
8 common crackers

Clean and pick over clams, using one cup cold water; drain, reserve liquor, heat to boiling-point, and strain. Chop finely hard part of clams; cut pork in small pieces and try out; add onion, fry five minutes, and strain into a stewpan. Parboil potatoes five minutes in boiling water to cover; drain, and put a layer in bottom of stewpan, add chopped clams, sprinkle with salt and pepper, and dredge generously with flour; add remaining potatoes, again sprinkle with salt and pepper, dredge with flour, and add two and one-half cups boiling water. Cook ten minutes, add milk, soft part of clams, and butter; boil three minutes, and add crackers split and soaked in enough cold milk to moisten. Reheat clam water to boiling-point, and thicken

with one tablespoon butter and flour cooked together. Add to chowder just before serving.

The clam water has a tendency to cause the milk to separate, hence is added at the last.

Rhode Island Chowder

1 quart clams
3-inch cube fat salt pork
1 sliced onion
½ cup cold water
4 cups potatoes cut in ¾-inch cubes
2 cups boiling water
1 cup stewed and strained tomatoes
¼ teaspoon soda
1 cup scalded milk
1 cup scalded cream
2 tablespoons butter
8 common crackers
Salt and pepper

Cook pork with onion and cold water ten minutes; drain, and reserve liquor. Wash clams and reserve liquor. Parboil potatoes five minutes, and drain. To potatoes add reserved liquors, hard part of clams finely chopped, and boiling water. When potatoes are nearly done, add tomatoes, soda, soft part of clams, milk, cream, and butter. Season with salt and pepper. Split crackers, soak in cold milk to moisten, and reheat in chowder.

Lobster Chowder

2 lb. lobster
3 tablespoons butter
2 common crackers, finely pounded
4 cups milk
1 slice onion
1 cup cold water
Salt
Paprika or cayenne

Remove meat from lobster shell and cut in small dice. Cream two tablespoons butter, add liver of lobster (green part) and crackers; scald milk with onion, remove onion, and add milk to mixture. Cook body bones ten minutes in cold water to cover, strain, and add to mixture with lobster dice. Season with salt and paprika.

German Chowder

3 lb. haddock
1 quart cold water
2 slices carrot
Bit of bay leaf
Sprig of parsley
1 cracker, pounded
Salt, pepper, cayenne
2 tablespoons melted butter
Few drops onion juice
1 beaten egg
1 quart potatoes cut in ¾-inch cubes
2-inch cube fat salt pork
1 sliced onion
5 tablespoons flour
1 quart scalded milk
¼ cup butter
8 common crackers

Clean, skin, and bone fish. Add to bones cold water and vegetables, and let simmer twenty minutes. Strain stock from bones. Chop fish meat; there should be one and one-half cups. Add cracker, seasonings, melted butter, and egg, then shape in small balls. Try out pork, add onion, and cook five minutes. Strain, and add fat, potatoes, and balls to fish stock, and cook until potatoes are soft. Thicken milk with butter and flour cooked together. Combine mixtures, and season highly with salt, pepper, and cayenne. Add crackers, split and soaked in cold milk.

CHAPTER X

SOUP ACCOMPANIMENTS, GARNISHINGS AND FORCE-MEATS

Crisp Crackers

Split common crackers and spread with butter, allowing one-fourth teaspoon butter to each half cracker; put in pan and bake until delicately browned.

Soufflĕd Crackers

Split common crackers, and soak in ice water, to cover, eight minutes. Dot over with butter, and bake in a hot oven until puffed and browned, the time required being about forty-five minutes.

Crackers with Cheese

Arrange zephyrettes or saltines in pan. Brush over with melted butter, sprinkle with grated cheese, and bake until cheese is melted.

Croûtons (Duchess Crusts)

Cut stale bread in one-third inch slices and remove crusts. Spread thinly with butter. Cut slices in one-third inch cubes, put in pan, and bake until delicately brown, or fry in deep fat.

Cheese Sticks

Cut bread sticks in halves lengthwise, spread thinly with butter, sprinkle with grated cheese seasoned with salt and cayenne, and bake until delicately browned.

Imperial Sticks in Rings

Cut stale bread in one-third inch slices, remove crusts, spread thinly with butter, and cut slices in one-third inch strips and rings; put in pan and bake until delicately browned. Arrange three sticks in each ring.

Mock Almonds

Cut stale bread in one-eighth-inch slices, shape with a round cutter one and one-half inches in diameter, then shape in almond-shaped pieces. Brush over with melted butter, put in a pan, and bake until delicately browned.

Toasted Triangles

Cut stale bread in one-eighth-inch slices and remove crusts; then cut in halves on the diagonal, making triangles. Toast under a gas flame or bake in a slow oven until crisp and delicately browned.

Pulled Bread

Remove crusts from a long loaf of freshly-baked water bread. Pull the bread apart until the pieces are the desired size and length, which is best accomplished by using two three-tined forks. Cook in a slow oven until delicately browned and thoroughly dried. A baker's French loaf may be used for pulled bread if home-made is not at hand.

Mock Cassava Bread

Remove crusts from a small, stale baker's loaf in four pieces, using a sharp, long-bladed knife; then cut in very thin slices lengthwise and shape with an elliptical cutter. Dip each piece separately quickly in and out of cold water and shape over a form (using one-half-pound baking powder tins) and keep in place with soft twine. Place in dripping pan, brush over with melted butter, and bake in a slow oven until crisp and delicately browned, turning frequently. Serve as an accompaniment to soup or five o'clock tea.

Hominy Croûtons

Pack hominy mush in buttered one-fourth-pound baking powder box. When cold, remove from box, cut in one-fourth-inch slices and slices in one-fourth-inch cubes. Dip in fine crumbs, egg, and crumbs, and fry in deep fat.

Tapioca Garnish for Consommé

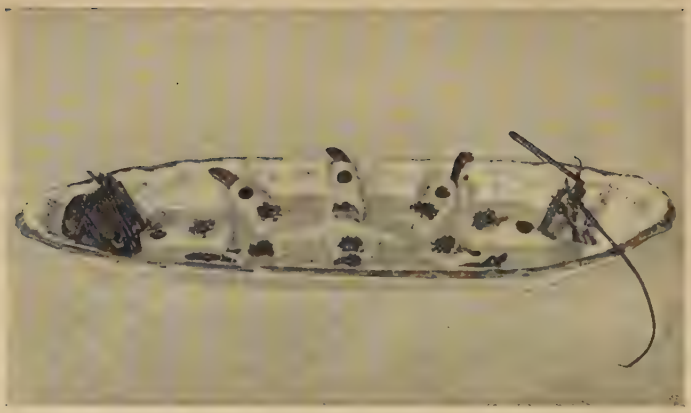
Soak one-fourth cup pearl tapioca over night in cold water to cover. Drain and cook in boiling salted water until transparent. Again drain and add to soup.

Egg Balls I

Yolks 2 hard-boiled eggs
⅛ teaspoon salt
Few grains cayenne
½ teaspoon melted butter

Hollenden Halibut. — *Page 195.*

Planked Haddock. — *Page 198.*



Fillets of Fish à la Bement. — *Page 201.*

Smelts prepared for Cooking. — *Page 203.*

Rub yolks through sieve, add seasonings, and moisten with raw egg yolk to make of consistency to handle. Shape in small balls, roll in flour, and sauté in butter. Serve in Brown Soup Stock, Consommé; or Mock Turtle Soup.

Egg Balls II

1 hard-boiled egg
⅛ teaspoon salt
Few grains cayenne
1 teaspoon heavy cream
¼ teaspoon finely chopped parsley

Rub yolk through a sieve, add white finely chopped, and remaining ingredients. Add raw egg yolk to make mixture of right consistency to handle. Shape in small balls, and poach in boiling water or stock.

Egg Custard

Yolks 2 eggs
Few grains salt
2 tablespoons milk

Beat eggs slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake until firm; cool, remove from cup, and cut in fancy shapes with French vegetable cutters.

Harlequin Slices

Yolks 3 eggs
2 tablespoons milk
Few grains salt
Whites 3 eggs
Few grains salt
Chopped truffles

Beat yolks of eggs slightly, add milk and salt. Pour into small buttered cup, place in pan of hot water, and bake until firm. Beat whites of eggs slightly, add salt, and cook same as yolks. Cool, remove from cups, cut in slices, pack in a mould in alternate layers, and press with a weight. A few truffles may be sprinkled between slices if desired. Remove from mould and cut in slices. Serve in Consommé.

Royal Custard

Yolks 3 eggs
1 egg
½ cup Consommé
⅛ teaspoon salt
Slight grating nutmeg
Few grains cayenne

Beat eggs slightly, add Consommé and seasonings. Pour into a small buttered tin mould, place in pan of hot water, and bake until firm; cool, remove from mould, and cut in fancy shapes.

Chicken Custard

Chop cooked breast meat of fowl and rub through sieve; there should be one-fourth cup. Add one-fourth cup White Stock and one egg slightly beaten. Season with salt, pepper, celery salt, paprika, slight grating nutmeg, and few drops essence anchovy. Turn mixture into buttered mould, bake in a pan of hot water until firm; cool, remove from mould, and cut in small cubes.

Noodles

1 egg
½ teaspoon salt
Flour

Beat egg slightly, add salt, and flour enough to make very stiff dough; knead, toss on slightly floured board, and roll thinly as possible, which may be as thin as paper. Cover with towel, and set aside for twenty minutes; then cut in fancy shapes, using sharp knife or French vegetable cutter; or the thin sheet may be rolled like jelly-roll, cut in slices as thinly as possible, and pieces unrolled. Dry, and when needed cook twenty minutes in boiling salted water; drain, and add to soup.

Noodles may be served as a vegetable.

Fritter Beans

1 egg
2 tablespoons milk
¾ teaspoon salt
½ cup flour

Beat egg until light, add milk, salt, and flour. Put through colander or pastry tube into deep fat, and fry until brown; drain on brown paper.

Pâte à Choux

2½ tablespoons milk
½ teaspoon lard
½ teaspoon butter
⅛ teaspoon salt
¼ cup flour
1 egg

Heat butter, lard, and milk to boiling-point, add flour and salt, and stir vigorously. Remove from fire, add egg unbeaten, and stir until well mixed. Cool, and drop small pieces from tip of teaspoon into deep fat. Fry until brown and crisp, and drain on brown paper.

Parmesan Pâte à Choux

To Pâte à Choux mixture add two tablespoons grated Parmesan cheese.

Whitebait Garnish

Roll trimmings of puff paste, and cut in pieces three-fourths inch long and one-eighth inch wide; fry in deep fat until well browned, and drain on brown paper. Serve on folded napkin, and pass with soup.

Fish Force-meat I

¼ cup fine stale bread crumbs
¼ cup milk
1 egg
⅔ cup raw fish
Salt

Cook bread and milk to a paste, add egg well beaten, and fish pounded and forced through a purée strainer. Season with salt. A meat chopper is of great assistance in making force-meats, as raw fish or meat may be easily forced through it. Bass, halibut, or pickerel are the best fish to use for force-meat. Force-meat is often shaped into small balls.

Fish Force-meat II

⅔ cup raw halibut
White 1 egg
Salt
Pepper
Cayenne
½ cup heavy cream

Chop fish finely, or force through a meat chopper. Pound in mortar, adding gradually white of egg, and working until smooth. Add seasonings, rub through a sieve, and then add cream.

Salmon Force-meat

½ cup milk
½ cup soft stale bread crumbs
½ cup cold flaked salmon
2 tablespoons cream
1 egg
2 tablespoons melted butter
½ teaspoon salt
Few grains pepper

Cook milk and bread crumbs ten minutes, add salmon chopped and rubbed through a sieve; then add cream, egg slightly beaten, melted butter, salt, and pepper

Oyster Force-meat

To Fish Force-meat add one-fourth small onion, finely chopped, and fried five minutes in one-half tablespoon butter; then add one-third cup soft part of oysters, parboiled and finely chopped, one-third cup mushrooms finely chopped, and one-third cup White Sauce III. Season with salt, cayenne, and one teaspoon finely chopped parsley.

Clam Force-meat

Follow recipe for Oyster Force-meat, using soft part of clams in place of oysters.

Chicken Force-meat I

- ½ cup fine stale bread crumbs
- ½ cup milk
- 2 tablespoons butter
- White 1 egg
- ⅔ cup breast raw chicken
- Salt
- Few grains cayenne
- Slight grating nutmeg

Cook bread and milk to a paste, add butter, white of egg beaten stiff, and seasonings; then add chicken pounded and forced through purée strainer.

Chicken Force-meat II

- ½ breast raw chicken
- White 1 egg
- Salt
- Pepper
- Slight grating nutmeg
- Heavy cream

Chop chicken finely, or force through a meat chopper. Pound in mortar, add gradually white of egg, and work until smooth; then add heavy cream slowly until of right consistency, which can only be determined by cooking a small ball in boiling salted water. Add seasonings, and rub through sieve.

Quenelles

Quenelles are made from any kind of force-meat, shaped in small balls or between tablespoons, making an oval, or by forcing mixture through pastry bag on buttered paper. They are cooked in boiling salted water or stock, and are served as garnish to soups or other dishes; when served with sauce, they are an entrée.

CHAPTER XI

FISH

THE meat of fish is the animal food next in importance to that of birds and mammals. Fish meat, with but few exceptions, is less stimulating and nourishing than meat of other animals, but is usually easier of digestion. Salmon, mackerel, and eels are exceptions to these rules, and should not be eaten by those of weak digestion. White fish, on account of their easy digestibility, are especially desirable for those of sedentary habits. Fish is not recommended for brain-workers on account of the large amount of phosphorus (an element abounding largely in nerve tissue) which it contains, but because of its easy digestibility. It is a conceded fact that many fish contain less of this element than meat.

Fish meat is generally considered cheaper than meat of other animals. This is true when compared with the better cuts of meat, but not so when compared with cheaper cuts.

To obtain from fish its greatest value and flavor, it should be eaten fresh, and in season. Turbot, which is improved by keeping, is the only exception to this rule.

To Determine Freshness of Fish. Examine the flesh, and it should be firm; the eyes and gills, and they should be bright.

On account of its strong odor, fish should never be put in an ice-box with other food, unless closely covered. A tin lard pail will be found useful for this purpose.

White and Oily Fish

White fish have fat secreted in the liver. Examples: cod, haddock, trout, flounder, smelt, perch, etc.

Oily fish have fat distributed throughout the flesh. Examples: salmon, eels, mackerel, bluefish, swordfish, shad, herring, etc.

Cod belongs to one of the most prolific fish families (Gadidoe), and is widely distributed throughout the northern and temperate seas of

both hemispheres. On account of its abundance, cheapness, and easy procurability, it forms, from an economical standpoint, one of the most important fish foods. Cod have been caught weighing over a hundred pounds, but average market cod weigh from six to ten pounds; a six-pound cod measures about twenty-three inches in length. Large cod are cut into steaks. The skin of cod is white, heavily mottled with gray, with a white line running the entire length of fish on either side. Cod is caught in shallow or deep waters. Shallow-water cod (caught off rocks) is called rock cod; deep-water cod is called off-shore cod. Rock cod are apt to be wormy. Cod obtained off George's Banks, Newfoundland, are called George's cod, and are commercially known as the best fish. Quantities of cod are preserved by drying and salting. Salted George's cod is the best brand on the market. Cod is in season throughout the year.

Cod Liver Oil is obtained from cods' livers, and has great therapeutic value. Isinglass, made from swimming bladder of cod, nearly equals in quality that made from bladder of sturgeon.

Haddock is more closely allied to cod than any other fish. It is smaller (its average weight being about four pounds), and differently mottled. The distinguishing mark of the haddock is a black line running the entire length of fish on either side. Haddock is found in the same water and in company with cod, but not so abundantly. Like cod, haddock is cheap, and in season throughout the year. Haddock, when dried, smoked, and salted, is known as *Finnan Haddie.*

Halibut is the largest of the flatfish family (Pleuronectidæ), specimens having been caught weighing from three to four hundred pounds. Small, or chicken, halibut is the kind usually found in market, and weighs from fifteen to twenty-five pounds. Halibut are distinctively cold-water fish, being caught in water at from 32° to 45° F. They are found in the North Atlantic and North Pacific oceans, where they are nearly identical. The halibut has a compressed body, the skin on one side being white, on the other light, or dark gray, and both eyes are found on the dark side of head. Halibut is in season throughout the year.

Turbot (called little halibut) is a species of the flatfish family, being smaller than halibut, and of more delicate flavor. Turbot are in season from January to March.

Flounder is a small flatfish, which closely resembles the sole which is caught in English waters, and is often served under that name.

Trout are generally fresh-water fish, varying much in size and skin-coloring. Lake trout, which are the largest, reach their greatest perfection in Lakes Huron, Michigan, and Superior, but are found in many lakes. Salmon trout is the name applied to trout caught in New York lakes. Brook trout, caught in brooks and small lakes, are superior eating. Trout are in season from April to August, but a few are found later.

Whitefish is the finest fish found in the Great Lakes.

Smelts are small salt-water fish, and are usually caught in temperate waters at the mouths of rivers. New Brunswick and Maine send large quantities of smelts to market. Selected smelts are the largest in size, and command high price. The Massachusetts Fish and Game Protective Law forbids their sale from March 15th to June 1st. Smelts are always sold by the pound.

Bluefish belongs to the Pomatomidæ family. It is widely distributed in temperate waters, taking different names in different localities. In New England and the Middle States it is generally called Bluefish, although in some parts called Snappers, or Snapping Mackerel. In the Southern States it is called Greenfish. It is in season in our markets from May to October; as it is frozen and kept in cold storage from six to nine months, it may be obtained throughout the year. The heavier the fish, the better its quality. Bluefish weigh from one to eight pounds, and are from fourteen to twenty-nine inches in length.

Mackerel is one of the best-known food fishes, and is caught in North Atlantic waters. Its skin is lustrous dark blue above, with wavy blackish lines, and silvery below. It sometimes attains a length of eighteen inches, but is usually less. Mackerel weigh from three-fourths of a pound to two pounds, and are sold by the piece. They are in season from May 1st to September 1st. Mackerel, when first in market, contain less fat than later in the season, therefore are easier of digestion. The supply of mackerel varies greatly from year to year, and some years is very small. *Spanish mackerel* are found in waters farther south than common mackerel, and in our markets command higher price.

Salmon live in both fresh and salt waters, always going inland, usually to the head of rivers, during the spawning season. The young after a time seek salt water, but generally return to fresh water. Penobscot River Salmon are the best, and come from Maine and St. John,

New Brunswick. The average weight of salmon is from fifteen to twenty-five pounds, and the flesh is of pinkish orange color. Salmon are in season from May to September, but frozen salmon may be obtained the greater part of the year. In the Columbia River and its tributaries salmon are so abundant that extensive canneries are built along the banks.

Shad, like salmon, are found in both salt and fresh water, always ascending rivers for spawning. Shad is caught on the Atlantic Coast of the United States, and its capture constitutes one of the most important fisheries. Shad have a silvery hue, which becomes bluish on the back; they vary in length from eighteen to twenty-eight inches, and are always sold by the piece, price being irrespective of size. *Jack shad* are usually cheaper than *roe shad*. The roe of shad is highly esteemed. Shad are in season from January to June. First shad in market come from Florida, and retail from one and one-half to two dollars each. The finest come from New Brunswick, and appear in market about the first of May.

Caviare is the salted roe of the sturgeon.

Herring are usually smoked, or smoked and salted, and, being very cheap, are a most economical food

SHELLFISH

I. Bivalve Mollusks

Oysters are mollusks, having two shells. The shells are on the right and left side of the oyster, and are called right and left valves. The one upon which the oyster rests grows faster, becomes deeper, and is known as the left valve. The valves are fastened by a ligament, which, on account of its elasticity, admits of opening and closing of the shells. The oyster contains a tough muscle, by which it is attached to the shell; the body is made up largely of the liver (which contains *glycogen*, animal starch), and is partially surrounded by fluted layers, which are the gills. Natural oyster beds (or banks) are found in shallow salt water having stony bottom, along the entire Atlantic Coast. The oyster industry of the world is chiefly in the United States and France, and on account of its increase many artificial beds have been prepared for oyster culture. Oysters are five years old before suitable for eating. Blue Points, which are small, plump oysters, take their name from Blue Point, Long Island, from

which place they originally came. Their popularity grew so rapidly that the supply became inadequate for the demand, and any small, plump oysters were soon sold for Blue Points. During the oyster season they form the first course of a dinner, served raw on the half-shell. In our markets, selected oysters (which are extremely large and used for broiling) Providence River, and Norfolk oysters are familiarly known, and, taken out of the shells, are sold by the quart. Farther south, they are sold by count.

Oysters are obtainable all the year, but are in season from September to May. During the summer months they are flabby and of poor flavor, although when fresh they are perfectly wholesome. *Mussels*, eaten in England and other parts of Europe, are similar to oysters, though of inferior quality. Oysters are nutritious and of easy digestibility, especially when eaten raw.

To Open Oysters. Put a thin flat knife under the back end of the right valve, and push forward until it cuts the strong muscle which holds the shells together. As soon as this is done, the right valve may be raised and separated from the left.

To Clean Oysters. Put oysters in a strainer placed over a bowl. Pour over oysters cold water, allowing one-half cup water to each quart oysters. Carefully pick over oysters, taking each one separately in the fingers, to remove any particles of shell which adhere to tough muscle.

Clams, among bivalve mollusks, rank in value next to oysters. They are found just below the surface of sand and mud, above low-water mark, and are easily dug with shovel or rake. Clams have hard or soft shells. Soft-shell clams are dear to the New Englander. From New York to Florida are found hard-shelled clams (quahaugs). *Small quahaugs* are called *Little Neck Clams* and take the place of Blue Points at dinner, when Blue Points are out of season.

Scallops are bivalve mollusks, the best being found in Long Island Sound and Narragansett Bay. The central muscle forms the edible portion, and is the only part sent to market. Scallops are in season from October first to April first.

II. Crustaceans

Lobsters belong to the highest order of Crustaceans, live exclusively in sea-water, generally near rocky coasts, and are caught in pots set on gravelly bottoms. The largest and best species are found in Atlantic

waters from Maine to New Jersey, being most abundant on Maine and Massachusetts coasts. Lobsters have been found weighing from sixteen to twenty-five pounds, but such have been exterminated from our coast. The average weight is two pounds, and the length from ten to fifteen inches. Lobsters are largest and most abundant from June to September, but are obtainable all the year. When taken from the water, shells are of mottled dark green color, except when found on sandy bottoms, when they are quite red. Lobsters are generally boiled, causing the shell to turn red.

A lobster consists of body, tail, two large claws, and four pairs of small claws. On lower side of body, in front of large claws, are various small organs which surround the mouth, and a long and short pair of feelers. Under the tail are found several pairs of appendages. In the female lobster, also called hen lobster, is found, during the breeding season, the spawn, known as *coral*. Sex is determined by the pair of appendages in the tail which lie nearest the body; in the female they are soft and pliable, in the male hard and stiff. At one time small lobsters were taken in such quantities that it was feared, if the practice was long continued, they would be exterminated. To protect the continuance of lobster fisheries, a law has been passed in many States prohibiting their sale unless at least ten inches long.

Lobsters shed their shells at irregular intervals, when old ones are outgrown. The new ones begin to form and take on distinctive characteristics before the old ones are discarded. New shells after twenty-four hours' exposure to the water are quite hard.

Lobsters, being coarse feeders (taking almost any animal substance attainable), are difficult of digestion, and with some create great gastric disturbance; notwithstanding, they are seldom found diseased.

To Boil Lobsters

Have ready a large kettle containing vigorously boiling water, adding one-third cup rock salt to each quart of water. Put in live lobsters, tail end down, one at a time, having the water come to the boiling-point between each addition. Lobsters should be entirely covered by water. Cover and let boil twenty minutes. Place on backs to cool.

To Select a Lobster. Take in the hand, and if heavy in proportion to its size, the lobster is fresh. Straighten the tail, and if it springs into place the lobster was alive (as it should have been) when put

into the pot for boiling. There is greater shrinkage in lobsters than in any other fish.

To Open Lobsters. Take off large claws, small claws, and separate tail from body. Tail meat may sometimes be drawn out whole with a fork; more often it is necessary to cut the thin shell portion (using scissors or a can opener) in under part of the tail, then the tail meat may always be removed whole. Separate tail meat through centre, and remove the small intestinal vein which runs its entire length; although generally darker than the meat, it is sometimes found of the same color. Hold body shell firmly in left hand, and with first two fingers and thumb of right hand draw out the body, leaving in shell the stomach (known as the *lady*), which is not edible, and also some of the green part, the *liver*. The liver may be removed by shaking the shell. The sides of the body are covered with the *lungs*; these are always discarded. Break body through the middle and separate body bones, picking out meat that lies between them, which is some of the sweetest and tenderest to be found. Separate large claws at joints. If shells are thin, with a knife cut off a strip down the sharp edge, so that shell may be broken apart and meat removed whole. Where shell is thick, it must be broken with a mallet or hammer. Small claws are used for garnishing. The shell of body, tail, and lower part of large claws, if not broken, may be washed, dried, and used for serving of lobster meat after it has been prepared. The portions of lobsters which are not edible are *lungs*, *stomach* (lady), and *intestinal vein.*

Crabs among Crustaceans are next in importance to lobsters, commercially speaking. They are about two and one-half inches long by five inches wide, and are found along the Atlantic Coast from Massachusetts to Florida, and in the Gulf of Mexico. Crabs, like lobsters, change their shells. *Soft-shell crabs* are those which have recently shed their old shells, and the new shells have not had time to harden; these are considered by many a great luxury. *Oyster crabs* (very small crabs found in shells with oysters) are a delicacy not often indulged in. Crabs are in season during the spring and summer.

Shrimps are found largely in our Southern waters, the largest and best coming from Lake Pontchartrain. They are about two inches long, covered with a thin shell, and are boiled and sent to market with heads removed. Their grayish color is changed to pink by boiling. Shrimps are in season from May first to October first, and

are generally used for salads. Canned shrimps are much used and favorably known.

Reptiles. Frogs and terrapin belong to a lower order of animals than fish, — reptiles. They are both table delicacies, and are eaten by the few.

Only the hind legs of frogs are eaten, and have much the same flavor as chicken.

Terrapin, although sold in our large cities, specially belong to Philadelphia, Baltimore, and Washington, where they are cooked and served at their best. They are shipped from the South, packed in seaweed, and may be kept for some time in a dark place. Terrapin are found in both fresh and salt water. The Diamond Back, salt-water terrapin, coming from Chesapeake Bay, are considered the best, and command a very high price. Terrapin closely resembling Diamond Back, coming from Texas and Florida, are principally sold in our markets. Terrapin are in season from November to April, but are best in January, February, and March. They should always be cooked alive.

TO PREPARE FISH FOR COOKING

To Clean a Fish. Fish are cleaned and dressed at market as ordered, but need additional cleaning before cooking. Remove scales which have not been taken off. This is done by drawing a knife over fish, beginning at tail and working towards head, occasionally wiping knife and scales from fish. Incline knife slightly towards you to prevent scales from flying. The largest number of scales will be found on the flank. Wipe thoroughly inside and out with cloth wrung out of cold water, removing any clotted blood which may be found adhering to backbone.

Head and tail may or may not be removed, according to size of fish and manner of cooking. Small fish are often served with head and tail left on.

To Skin a Fish. With sharp knife remove fins along the back and cut off a narrow strip of skin the entire length of back. Loosen skin on one side from bony part of gills, and being once started, if fish is fresh, it may be readily drawn off; if flesh is soft do not work too quickly, as it will be badly torn. By allowing knife to closely follow skin this may be avoided. After removing skin from one side, turn fish and skin the other side.

To Bone a Fish. Clean and skin before boning. Beginning at the

tail, run a sharp knife under flesh close to backbone, and with knife follow bone (making as clean a cut as possible) its entire length, thus accomplishing the removal of one-half the flesh; turn, and remove flesh from other side. Pick out with fingers any small bones that may remain. Cod, haddock, halibut, and whitefish are easily and frequently boned; flounders and smelts occasionally.

To Fillet Fish. Clean, skin, and bone. A piece of fish, large or small, freed from skin and bones, is known as a fillet. Halibut, cut in three-fourths-inch slices, is more often cut in fillets than any kind of fish, and fillets are frequently rolled. When flounder is cut in fillets it is served under the name of *fillet of sole*. Sole found in English waters is much esteemed, and flounder is our nearest approach to it.

WAYS OF COOKING FISH

To Cook Fish in Boiling Water. Small cod, haddock, or cusk are cooked whole in enough boiling water to cover, to which is added salt and lemon juice or vinegar. Salt gives flavor; lemon juice or vinegar keeps the flesh white. A long fish-kettle containing a rack on which to place fish is useful but rather expensive. In place of fish-kettle, if the fish is not too large to be coiled in it, a frying basket may be used placed in any kettle.

Large fish are cut in thick pieces for boiling, containing the number of pounds required. Examples: salmon and halibut.

Pieces cut from large fish for boiling should be cleaned and tied in a piece of cheesecloth to prevent scum being deposited on the fish. If skin is not removed before serving, scald the dark skin and scrape to remove coloring; this may be easily accomplished by holding fish on two forks, and lowering into boiling water the part covered with black skin; then remove and scrape. Time required for boiling fish depends on extent of surface exposed to water. Consult Time-Table for Boiling, which will serve as a guide. The fish is cooked when flesh leaves the bone, no matter how long the time.

Some prefer to boil fish in

Court Bouillon

½ cup each, carrot, onion and celery, cut in small pieces
2 sprigs parsley
2 tablespoons butter
6 peppercorns
2 cloves
½ bay leaf
1 tablespoon salt
2 tablespoons vinegar
2 quarts water

Cook carrot, onion, celery, and parsley with butter three minutes, add remaining ingredients, and bring to boiling-point. To be used for stock in which to boil fish.

To Broil Fish. Cod, haddock, bluefish, and mackerel are split down the back and broiled whole, removing head and tail or not, as desired. Salmon, chicken halibut, and swordfish are cut in inch slices for broiling. Smelts and other small fish are broiled whole, without splitting. Clean and wipe fish as dry as possible, sprinkle with salt and pepper, and place in well-greased wire broiler. Slices of fish should be turned often while broiling; whole fish should be first broiled on flesh side, then turned and broiled on skin side just long enough to make skin brown and crisp.

To remove from broiler, loosen fish on one side, turn and loosen on other side; otherwise flesh will cling to broiler. Slip from broiler to hot platter, or place platter over fish and invert platter and broiler together.

To Bake Fish. Clean, and bake on a greased fish-sheet placed in a dripping pan. If a fish-sheet is not at hand, place strips of cotton cloth under fish, by which it may be lifted from pan.

To Fry Fish. Clean fish, and wipe as dry as possible. Sprinkle with salt, dip in flour or crumbs, egg, and crumbs, and fry in deep fat.

To Sauté Fish. Prepare as for frying, and cook in frying pan with small amount of fat; or, if preferred, dip in granulated corn meal. Cod steak and smelts are often cooked in this way.

Boiled Haddock

Clean and steam fish thirty minutes. Remove to a hot platter, garnish with slices of hard-boiled eggs and parsley, and serve with Egg Sauce. A thick piece of halibut may be steamed and served in the same way.

Boiled Salmon

Clean and boil as directed in Ways of Cooking Fish. Place on a hot platter, remove skin, and garnish with slices of lemon and parsley. Serve with Egg Sauce I or II, or Hollandaise Sauce.

Fisherman's Haddock

Remove head and tail from a four-pound haddock, split and wipe with a piece of cheesecloth wrung out of cold water. Sprinkle inside with one cup salt, cover, and let stand over night. In the morning remove

salt, rinse thoroughly, tie in cheesecloth, and cook in boiling water until tender. Drain thoroughly, and remove from cheesecloth to hot platter. Garnish with steamed potatoes of uniform size and boiled beets (cut in slices and slices cut in fancy shapes; then seasoned with butter and salt), alternating vegetables. Cut four one-fourth-inch slices fat salt pork in small cubes and try out. Serve fish with pork scraps, pork fat, and two cups white sauce.

TABLE SHOWING COMPOSITION OF THE VARIOUS FISH USED FOR FOOD

Articles	Refuse	Protein	Fat	Mineral matter		Water
Bass, black	54.8	9.3	.8	.5		34.6
Bluefish	55.7	8.3	.5	.5		35.
Butterfish	42.8	10.2	6.3	.6		40.1
Cod, fresh	52.5	8.	.2	.6		38.7
Cod, salt, boneless		22.2	.3	23.1		54.4
Cusk	40.3	10.1	.1	.5		49.
Eels	20.2	14.6	7.2	.8		57.2
Flounder	61.5	5.6	.3	.5		32.1
Haddock	51.	8.2	.2	.6		40.
Halibut, sections	17.7	15.1	4.4	.9		61.9
Herring	42.6	10.9	3.9	.9		41.7
Mackerel	44.6	10.	4.3	.7		40.4
Mackerel, Spanish	34.6	13.7	6.2	1.		44.5
Perch, white	62.5	7.2	1.5	.4		28.4
Pickerel	47.1	9.8	.2	.7		42.2
Pompano	45.5	10.2	4.3	.5		39.5
Red Snapper	46.1	10.6	.6	.7		42.
Salmon	39.2	12.4	8.1	.9		39.4
Shad	50.1	9.2	4.8	.7		35.2
	Carbo-hydrates					
Shad, roe	2.6	20.9	3.8	1.5		71.2
	Refuse					
Sheepshead	66.	6.4	.2	.5		26.9
Smelts	41.9	10.	1.	1.		46.1
Trout	48.1	9.8	1.1	.6		40.4
Turbot	47.7	6.8	7.5	.7		37.3
Whitefish	53.5	10.3	3.	.7		32.5
					Carbo-hydrates	
Lobsters	61.7	5.9	.7	.8	.2	30.7
Clams, out of shell		10.6	1.1	2.3	5.2	80.8
Oysters, solid		6.1	1.4	.9	3.3	88.3
Crabs, soft shell		15.8	1.5	2.	.7	80.

Steamed Halibut, Silesian Sauce

Steam by cooking over boiling water a piece of halibut weighing two pounds, and serve with Silesian Sauce.

Silesian Sauce

1½ tablespoons vinegar
⅛ teaspoon powdered tarragon
3 peppercorns
Bit of bay leaf
Sprig of parsley
½ teaspoon finely chopped shallot
Yolks 3 eggs
⅔ cup Brown Stock
¼ cup butter
1 tablespoon flour
½ tablespoon capers
½ tablespoon parsley
Salt and cayenne

Cook first six ingredients until reduced one-half; strain, add yolks of eggs well beaten, one-half, each, brown stock and butter, and cook over hot water, stirring constantly until thickened. Then add, gradually, remaining butter mixed with flour and stock. As soon as mixture thickens, add capers, parsley finely chopped, and salt and cayenne.

Broiled Scrod

A young cod, split down the back, and backbone removed, except a small portion near the tail, is called a scrod. Scrod are usually broiled, spread with butter, and sprinkled with salt and pepper. Haddock is also so dressed.

Broiled Chicken Halibut

Clean and broil as directed in Ways of Cooking Fish. Spread with butter, sprinkle with salt and pepper, and garnish with slices of lemon cut in fancy shapes and sprinkled with paprika and parsley.

Broiled Swordfish

Clean and broil fish, spread with butter, sprinkle with salt and pepper, and serve with Cucumber Sauce I, or Horseradish Sauce I.

Broiled Shad Roe

Wipe, sprinkle with salt and pepper, put on greased wire broiler, and broil five minutes on each side. Serve with Maître d'Hôtel Butter. Mackerel roe are delicious cooked in this way.

Broiled Pompano with Fricassee of Clams

Clean and broil fish as directed in Ways of Cooking Fish (see p. 187). When nearly cooked, slip from broiler on to a hot platter and brush over with melted butter. Surround with two borders of mashed potatoes, one inch apart, forced through a pastry bag and tube. Arrange ten halves of clam-shells between potato borders, at equal distances; fill spaces between shells with potato roses. Place in oven to finish cooking fish and to brown potatoes. Just before serving, fill clam-shells with

Fricassee of Clams. Clean one pint clams, finely chop hard portions and reserve soft portions. Melt two tablespoons butter, add chopped clams, two tablespoons flour, and pour on gradually one-third cup cream. Strain sauce, add soft part of clams, cook one minute, season with salt and cayenne, and add yolk of one egg slightly beaten.

Broiled Pompano Cucumber Hollandaise

Order fish dressed for broiling; wipe, sprinkle with salt and pepper, and place in a greased broiler. Broil flesh side until well seared, brush flesh side sparingly with olive oil or melted butter and continue broiling on flesh side until fish begins to brown, again brush over with butter or oil and continue broiling on flesh side until well browned. Turn and broil skin side until fish is done. Remove to heated platter, pour over Cucumber Hollandaise (see p. 328) and garnish at one end of platter with ten thin slices of lemon (from which seeds have been removed) and ten thin slices of round radishes, alternating and overlapping them. In middle of garnish thus arranged, place a sprig of parsley.

Baked Haddock with Stuffing

Clean a four-pound haddock, sprinkle with salt inside and out, stuff, and sew. Cut five diagonal gashes on each side of backbone and insert narrow strips of fat salt pork, having gashes on one side come between gashes on other side. Shape with skewers in form of letter S, and fasten skewers with small twine. Place on greased fish-sheet in a dripping pan, sprinkle with salt and pepper, brush over with melted butter, dredge with flour, and place around fish small pieces of fat salt pork. Bake one hour in hot oven, basting as soon as fat is tried out, and continue basting every ten minutes. Serve with Drawn Butter, Egg, or Hollandaise Sauce. Garnish with lemon and parsley.

Fish Stuffing I

½ cup cracker crumbs = 4 crackers
½ cup stale bread crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
¼ cup hot water

Mix ingredients in order given.

Fish Stuffing II

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
Few drops onion juice
Parsley, Capers, Pickles — 1 teaspoon each, finely chopped

Mix ingredients in order given. This makes a dry, crumbly stuffing.

Baked Bluefish II

Clean a four-pound bluefish, stuff, sew, and bake as Baked Halibut with Stuffing, omitting to cut gashes on sides, as the fish is rich enough without addition of pork. Baste often with one-third cup butter melted in two-thirds cup boiling water. Serve with Shrimp Sauce.

Breslin Baked Bluefish

Split and bone a bluefish, place on a well-buttered sheet, and cook twenty minutes in a hot oven. Cream one-fourth cup butter, add yolks two eggs, and when well mixed add two tablespoons each, onion, capers, pickles, and parsley, finely chopped; two tablespoons lemon juice, one tablespoon vinegar, one-half teaspoon salt, and one-third teaspoon paprika. Sprinkle fish with salt, spread with mixture, and continue the baking until fish is done. Remove to serving-dish and garnish with potato balls, cucumber ribbons, lemon cut in fancy shapes, and parsley.

Bluefish à l'Italienne

Clean a four-pound bluefish, sprinkle with salt and pepper, and put on buttered fish-sheet in a dripping pan. Add three tablespoons white wine, three tablespoons mushroom liquor, one-half onion finely chopped, eight mushrooms finely chopped, and enough water to allow sufficient liquor in pan for basting. Bake forty-five minutes in hot oven, basting five times. Serve with Sauce à l'Italienne.

Baked Bluefish à la Muisset

Wipe, scale, cut off fins, and remove large bones from a three-pound fish. Place on a buttered fish-sheet in dripping pan and sprinkle with one teaspoon salt mixed with one-half teaspoon curry powder. Work one tablespoon butter until creamy, add one teaspoon anchovy essence, and spread over fish. Bake twenty-five minutes, basting four times with melted butter, using one-third cup. Mix two ounces blanched and chopped almonds and one tablespoon capers. Add one-half cup chicken or brown stock, bring to the boiling-point and let simmer five minutes. Pour over fish, sprinkle with coarse bread crumbs, and bake until crumbs are brown. Remove to hot serving dish and garnish with parsley.

Baked Cod with Oyster Stuffing

Clean a four-pound cod, sprinkle with salt and pepper, brush over with lemon juice, stuff, and sew. Gash, skewer, and bake as Baked Halibut with Stuffing. Serve with Oyster Sauce.

Oyster Stuffing

1 cup cracker crumbs
¼ cup melted butter
½ teaspoon salt
⅛ teaspoon pepper
1½ teaspoons lemon juice
½ tablespoon finely chopped parsley
1 cup oysters

Add seasonings and butter to cracker crumbs. Clean oysters and remove tough muscles; add soft parts to mixture, with two tablespoons oyster liquor to moisten.

Baked Haddock with Oyster Stuffing

Remove skin, head, and tail from a four-pound haddock. Bone, leaving in large bones near head, to keep fillets in shape of the original fish. Sprinkle with salt, and brush over with lemon juice. Lay one fillet on greased fish-sheet in a dripping pan, cover thickly with oysters, cleaned and dipped in buttered cracker crumbs seasoned with salt and pepper. Cover oysters with other fillet, brush with egg slightly beaten, cover with buttered crumbs, and bake fifty minutes in a moderate oven. Serve with Hollandaise Sauce I. Allow one pint oysters and one cup cracker crumbs.

Haddock à la Metropole

5 pound haddock
2 cups cold water
3 slices carrot
1 slice onion
2 sprigs parsley
6 peppercorns
2½ tablespoons butter
3½ tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
½ cup heavy cream
1¼ tablespoons pimiento purée
½ tablespoon finely chopped chives
¼ teaspoon salt
¾ cup buttered coarse bread crumbs

Skin, bone, and cut haddock into fillets for individual service. Cover bones, skin, and trimmings with water, add carrot, onion, parsley, and pepper; bring to the boiling-point and let simmer until reduced one-half. Melt butter, add flour and stir, until well blended; then add fish stock, which has been strained, and bring to the boiling-point. Arrange fish in buttered pan, brush over with lemon juice (using one and one-half tablespoons), sprinkle with salt and pepper, and pour over sauce. Cover with buttered paper and bake fifteen minutes. Beat cream until stiff, add pimiento purée, chives, and salt. Spread fillets with cream. Sprinkle with buttered crumbs, and bake until crumbs are brown. To obtain pimiento purée drain canned pimientos and force through a purée strainer.

Stuffed Baked Haddock à la Preston

Wipe, skin, and fillet a four-pound haddock. Brush over with lemon juice and sprinkle with salt and pepper. Put one fillet in buttered pan, spread with mushroom filling, cover with remaining fillet, pour over two-thirds cup cream, and bake twenty-five minutes. Sprinkle with two-thirds cup buttered bread crumbs and bake until crumbs are brown. Remove to hot serving dish and strain around liquor remaining in pan.

Mushroom Stuffing. Mix one-half cup bread crumbs with three tablespoons melted butter and one-third cup mushroom caps, cut in pieces; then add one-half teaspoon salt and a few grains pepper.

Baked Halibut with Tomato Sauce

2 lbs. halibut
2 cups tomatoes
1 cup water
1 slice onion
3 cloves
½ tablespoon sugar
3 tablespoons butter
3 tablespoons flour
¾ teaspoon salt
⅛ teaspoon pepper

Cook twenty minutes tomatoes, water, onion, cloves, and sugar. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in baking pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce, and garnish with parsley.

Baked Halibut with Lobster Sauce

Clean a piece of halibut weighing three pounds. Cut gashes in top, and insert a narrow strip of fat salt pork in each gash. Place in dripping pan on fish-sheet, sprinkle with salt and pepper, and dredge with flour. Cover bottom of pan with water, add sprig of parsley, slice of onion, two slices carrot cut in pieces, and bit of bay leaf. Bake one hour, basting with one-fourth cup butter and the liquor in pan. Serve with Lobster Sauce.

Hollenden Halibut

Arrange six thin slices fat salt pork two and one-half inches square in a dripping pan. Cover with one small onion, thinly sliced, and add a bit of bay leaf. Wipe a two-pound piece of chicken halibut and place over pork and onion. Mask with three tablespoons butter creamed and mixed with three tablespoons flour. Cover with three-fourths cup buttered cracker crumbs and arrange thin strips of fat salt pork over crumbs. Cover with buttered paper and bake fifty minutes in a moderate oven, removing paper during the last fifteen minutes of the cooking to brown crumbs. Remove to hot serving dish and garnish with slices of lemon cut in fancy shapes sprinkled with finely chopped parsley and paprika. Serve with White Sauce II, using fat in pan in place of butter.

Fillets of Halibut à la Hollenden

2¾-pound slices halibut
6 thin slices fat salt pork
1 slice onion
½ bay leaf
3 tablespoons butter
3 tablespoons flour
¾ cup buttered cracker crumbs

Wipe fish and cut into eight fillets. Take up each fillet separately, roll, and fasten with a wooden skewer. Arrange pork in pan, cover with onion and bay leaf, broken in pieces, and place fillets over all. Work butter until creamy, add flour, and stir until well blended. Then mask fillets with mixture, sprinkle with buttered crumbs, and bake

in a hot oven. Remove to serving dish, take out skewers, and pour around the following sauce:

To two and one-half tablespoons fat, remaining in pan, add two tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup milk. Bring to the boiling-point and season with one-fourth teaspoon salt, one-eighth teaspoon pepper, and one tablespoon butter, bit by bit.

Baked Halibut, Swedish Style

1 pound slice halibut	¾ cup canned tomatoes
Salt	½ teaspoon powdered sugar
Pepper	½ onion
Melted butter	⅓ cup heavy cream

Wipe halibut and remove skin. Place in an earthen baking dish, sprinkle with salt and pepper and brush over with melted butter. Drain tomatoes and add sugar. Spread over fish, then cover with onion, thinly sliced. Bake twenty minutes, pour over cream and bake ten minutes. Remove onion and serve at once, from dish in which it was cooked.

Shattuck Halibut

Wipe a one and one-half pound slice chicken halibut with a piece of cheesecloth, wrung out of cold water. Put in a buttered copper platter or dripping pan, and sprinkle with salt and pepper. Arrange on top five three-fourth-inch slices cut from medium-sized tomatoes, which have been peeled; then sprinkle with Julienne-shaped pieces cut from a green pepper. Bake in a hot oven twenty-five minutes, basting four times, using one-third cup melted butter and after that is gone, liquor in platter.

Halibut à la Suisse

Wipe a two-pound piece of halibut with cheesecloth, wrung out of cold water. Put in baking pan of correct size, sprinkle with salt and pepper, and put on top one-half cup butter. Bake fifteen minutes, basting twice; then cover with one-fourth pound mushrooms, broken in pieces, and pour over one cup cream. Again bake fifteen minutes, add one teaspoon beef extract, and bake ten minutes, basting twice. Remove to hot serving dish, pour around sauce remaining in pan, and garnish with parsley.

Halibut Veronique

Wipe two three-fourth-pound slices chicken halibut and cut into eight fillets. Sprinkle with salt and pepper, brush over with lemon juice, and put a thin slice of onion on each. Cover, and let stand two hours. Remove onion, place fillets in buttered pan of correct size, and pour over the following sauce:

Melt three tablespoons butter, add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, two-thirds cup fish stock, and one-half cup cream. The fish stock used is made from bones, skin, and trimmings of fish.

Cover and bake in a hot oven five minutes. Transfer fish to a copper platter.

Remove skin and seeds from three-fourths cup Malaga grapes, pour over three tablespoons Tokay wine, cover, and let stand thirty minutes. Drain, add to sauce which has been strained, seasoned with salt, and cooked five minutes; then add two teaspoons wine in which grapes have soaked and pour over fish.

Serve in copper platter.

Halibut Loomis

2 1-pound slices chicken halibut
1 onion
2 sprigs parsley
1 sprig thyme
2 cloves
Bit of bay leaf
½ cup white wine
1 tablespoon vinegar
¾ teaspoon salt
⅛ teaspoon pepper
Cold water

Slice onion and add parsley, thyme, cloves, and bay leaf. Put in pan, lay fish over vegetables, sprinkle with salt and pepper, and add wine, vinegar, and cold water to cover. Cover and let stand two hours. Place on range, bring to boiling-point and let boil fifteen minutes. Remove to hot platter and pour over the following sauce: Melt two tablespoons butter, add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one-half cup milk, and one-third cup liquor, in which fish was cooked. Bring to the boiling-point and add two tablespoons grated cheese, one-fourth teaspoon salt, few grains pepper, and the yolk of one egg, slightly beaten. Dot over with one tablespoon butter, place in a hot oven, and bake until well browned. Sprinkle with one-half tablespoon finely chopped parsley and serve at once.

Baked Mackerel

Split fish, clean, and remove head and tail. Put in buttered dripping pan, sprinkle with salt and pepper, and dot over with butter (allowing one tablespoon to a medium-sized fish), and pour over two-thirds cup milk. Bake twenty-five minutes in hot oven.

Planked Shad or Whitefish

Clean and split a three-pound shad. Put skin side down on a buttered oak plank one inch thick, and a little longer and wider than the fish, sprinkle with salt and pepper, and brush over with melted butter. Bake twenty-five minutes in hot oven. Remove from oven, spread with butter, and garnish with parsley and lemon. The fish should be sent to the table on plank. Planked Shad is well cooked in a gas range having the flame over the fish.

The Planked Whitefish of the Great Lakes has gained much favor.

Baked Shad, Roe Sauce

Clean and split a three-pound shad. Place in an oiled dripping pan, sprinkle with salt and pepper, brush over with melted butter, and bake in a hot oven thirty minutes. Remove to serving dish and pour around Roe Sauce (see p. 333).

Planked Shad with Creamed Roe

Select a roe shad and prepare same as Planked Shad. Parboil roe in salted, acidulated water twenty minutes. Remove outside membrane, and mash. Melt three tablespoons butter, add one teaspoon finely chopped shallot, and cook five minutes; add roe, sprinkle with one and one-half tablespoons flour, and pour on gradually one-third cup cream. Cook slowly five minutes, add two egg yolks and season highly with salt, pepper, and lemon juice. Remove shad from oven, spread thin part with roe mixture, cover with buttered crumbs, and return to oven to brown crumbs. Garnish with mashed potatoes forced through a pastry bag and tube, small tomatoes, slices of lemon and parsley.

Planked Haddock

Skin and bone a haddock, leaving meat in two fillets. Remove to buttered plank, sprinkle with salt and pepper, brush over with melted butter and bake thirty minutes. Garnish with mashed potatoes, outlining the original shape of the fish, making as prominent

as possible head, tail, and fins. Bake until potatoes are well browned, when fish should be thoroughly cooked. Finish garnishing with parsley and slices of lemon sprinkled with finely chopped parsley.

Baked Stuffed Smelts

Clean and wipe as dry as possible twelve selected smelts. Stuff, sprinkle with salt and pepper, and brush over with lemon juice. Place in buttered shallow plate, cover with buttered paper, and bake five minutes in hot oven. Remove from oven, sprinkle with buttered crumbs, and bake until crumbs are brown. Serve with Sauce Bearnaise.

Stuffing. Cook one tablespoon finely chopped onion with one tablespoon butter three minutes. Add one-fourth cup finely chopped mushrooms, one-fourth cup soft part of oysters (parboiled, drained, and chopped), one-half teaspoon chopped parsley, three tablespoons White Sauce III, and one-half cup Fish Force-meat.

Smelts à la Langtry

Split and bone eight selected smelts. Cut off tails, and from tail ends of fish turn meat over one inch on to flesh side. Sprinkle with salt and pepper, and brush over with lemon juice. Garnish with Fish Force-meat forced through a pastry bag and tube, and fasten heads with skewers to keep in an upright position. Arrange in a buttered pan, and pour around white wine. Cover with buttered paper, and bake from fifteen to twenty minutes. Just before taking from oven, sprinkle with lobster coral forced through a strainer. Serve with Aurora Sauce.

Aurora Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually one and one-half cups cream and one tablespoon meat extract. Season with salt and cayenne, and add lobster coral and one-half cup lobster dice.

Baked Shad Roe with Tomato Sauce

Cook shad roe fifteen minutes in boiling salted water to cover, with one-half tablespoon vinegar; drain, cover with cold water, and let stand five minutes. Remove from cold water, and place on buttered pan with three-fourths cup Tomato Sauce I or II. Bake twenty minutes in hot oven, basting every five minutes. Remove to a platter, and pour around three-fourths cup Tomato Sauce.

Baked Fillets of Bass or Halibut

Cut bass or halibut into small fillets, sprinkle with salt and pepper, put into a shallow pan, cover with buttered paper, and bake twelve minutes in hot oven. Arrange on a rice border, garnish with parsley, and serve with Hollandaise Sauce II.

Fillets of Halibut with Brown Sauce

Cut a slice of halibut weighing one and one-half pounds in eight short fillets, sprinkle with salt and pepper, put in greased pan, and bake five minutes; drain, pour over one and one-half cups Brown Sauce I, cover with one-half cup buttered cracker crumbs, and bake.

Fillets of Haddock, White Wine Sauce

Skin a three and one-half pound haddock, and cut in fillets. Arrange in buttered baking pan, pour around fish three tablespoons melted butter, three-fourths cup white wine to which has been added one-half tablespoon lemon juice, and two slices onion. Cover and bake. Melt two tablespoons butter, add two tablespoons flour, and pour on liquor drained from fish; then add one-half cup Fish Stock (made from head, tail, and bones of fish), two tablespoons heavy cream, yolks two eggs, salt, and pepper. Remove fillets to serving dish, pour over sauce strained through cheesecloth, and sprinkle with finely chopped parsley.

Halibut à la Poulette

A slice of halibut, weighing 1½ lbs.
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
2 teaspoons lemon juice
Few drops onion juice

Clean fish and cut in eight fillets. Add seasonings to melted butter, and put dish containing butter in saucepan of hot water to keep butter melted. Take up each fillet separately with a fork, dip in butter, roll and fasten with a small wooden skewer. Put in a shallow pan, dredge with flour, and bake twelve minutes in hot oven. Remove skewers, arrange on platter for serving, pour around one and one-half cups Béchamel Sauce, and garnish with yolks of two hard-boiled eggs rubbed through a strainer, whites of hard-boiled eggs cut in strips, lemon cut fan-shaped, and parsley.

Moulded Fish, Normandy Sauce

Remove skin and bones from a piece of halibut weighing one pound. Finely chop fish, and force through a sieve (there should be one and one-third cups). Pound in mortar, adding gradually whites two eggs. Add one and one-fourth cups heavy cream, and salt, pepper, and cayenne to taste. Turn into a buttered fish-mould, cover with buttered paper, set in pan of hot water, and bake until fish is firm. Turn on serving dish and surround with

Normandy Sauce. Cook skin and bones of fish with three slices carrot, one slice onion, sprig of parsley, bit of bay leaf, one-fourth teaspoon peppercorns, and two cups cold water, thirty minutes, and strain; there should be one cup. Melt two tablespoons butter, add three tablespoons flour, fish stock, one-third cup heavy cream. Bring to boiling-point and add yolks two eggs. Season with salt, pepper, cayenne, and one tablespoon lemon juice.

Halibut à la Martin

Clean two slices chicken halibut and cut into eight fillets. Season with salt, brush over with lemon juice, and roll. Arrange on a tin plate covered with cheesecloth, fold cheesecloth over fillets, and cook in steamer fifteen minutes. Remove to serving dish, garnish with small shrimps, and pour around sauce, following directions for Normandy Sauce, omitting lemon juice, and seasoning to taste with grated cheese and Madeira.

Fillets of Fish à la Bement

Prepare and cook fish same as for Halibut à la Martin. Insert tip of small lobster claw in each fillet, and garnish with a thin slice of canned mushroom sprinkled with parsley and a thin circular slice of truffle. Serve with

Lobster Sauce III. Remove meat from a one and one-half pound lobster and cut claw meat in cubes. Cover remaining meat and body bones with cold water. Add one-half small onion, sprig of parsley, bit of bay leaf, and one-fourth teaspoon peppercorns, and cook until stock is reduced to one cup. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually the stock; then add one-half cup heavy cream and yolks two eggs. Season with salt, lemon juice, and paprika; then add lobster cubes.

Sandwiches of Chicken Halibut

Cut chicken halibut in thin fillets. Put together in pairs, with Fish or Chicken Force-meat between, first dipping fillets in melted butter seasoned with salt and pepper and brushing over with lemon juice. Place in shallow pan with one-fourth cup white wine. Bake twenty minutes in hot oven. Arrange on hot platter for serving, sprinkle with finely chopped parsley, garnish with Tomato Jelly, and serve with Hollandaise Sauce.

Sole à la Bercy

Skin and bone two large flounders, and cut into eight fillets. Put into a buttered pan, sprinkle with salt, pepper, and lemon juice, and add one-fourth cup white wine. Cover and cook fifteen minutes. Remove to serving dish, pour over Bercy Sauce, and sprinkle with finely chopped parsley.

Bercy Sauce. Fry one tablespoon finely chopped shallot in one tablespoon butter five minutes; add two tablespoons flour, and pour on gradually the liquor left in pan with enough White Stock to make one cup. Add two tablespoons butter, and salt and cayenne to taste.

Halibut au Lit

Wipe two slices chicken halibut, each weighing three-fourths pound. Cut one piece in eight fillets, sprinkle with salt and lemon juice, roll and fasten with small wooden skewers. Cook over boiling water. Cut remaining slice in pieces about the size and shape of scallops. Dip in crumbs, egg, and crumbs, and fry in deep fat. Arrange a steamed fillet in centre of each fish-plate, place on top of each a cooked mushroom cap, and put fried fish at both right and left of fillet. Serve with Mushroom Sauce, and garnish with watercress and radishes cut in fancy shapes.

Mushroom Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on gradually, while stirring constantly, one cup Fish Stock. When boiling-point is reached, add one-half cup cream, three mushroom caps, sliced, and one tablespoon Sauterne. Season with salt and pepper. The Fish Stock should be made from skin and bones of halibut. The mushroom caps on fillets should be cooked in sauce until soft.

Fried Cod Steaks

Clean steaks, sprinkle with salt and pepper, and dip in granulated corn meal. Try out slices of fat salt pork in frying pan, remove scraps, and sauté steaks in fat.

Fried Smelts

Clean smelts, leaving on heads and tails. Sprinkle with salt and pepper, dip in flour, egg, and crumbs, and fry three to four minutes in deep fat. As soon as smelts are put into fat, remove fat to back of range so that they may not become too brown before cooked through. Arrange on hot platter, garnish with parsley, lemon, and fried gelatine. Serve with Sauce Tartare.

Smelts are fried without being skewered, but often are skewered in variety of shapes.

To Fry Gelatine. Take up a few shreds and drop in hot, deep fat; it will immediately swell and become white; it should at once be removed with a skimmer, then drained.

Phosphated or granulated gelatine cannot be used for frying.

Smelts à la Menière

Clean six selected smelts, and cut five diagonal gashes on each side. Season with salt, pepper, and lemon juice, cover, and let stand ten minutes. Roll in cream, dip in flour, and sauté in butter. Add to butter in pan two tablespoons flour, one cup White Stock, one and one-third teaspoons Anchovy Essence, and a few drops lemon juice. Just before sauce is poured around smelts, add one and one-half tablespoons butter and one teaspoon finely chopped parsley.

Smelts à la Guaymas

Wipe, split, and bone six selected smelts. Sprinkle with salt, pepper, onion juice, and lemon juice; cover and let stand fifteen minutes. Parboil a red pepper, remove seeds and outside skin and rub pulp through a sieve; then add one tablespoon grated Parmesan cheese. Spread smelts with mixture, roll, fasten with wooden skewers, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve with Guaymas Sauce (see p. 334).

Smelts, Veronique

Clean eight selected smelts, sprinkle with salt and pepper, roll in flour and sauté in olive oil until delicately browned, turning fre-

quently. Remove to hot serving dish and sprinkle with one-fourth cup Jordan almonds, blanched, cut in thin slices crosswise, and sautéed in olive oil. Garnish with Fried Potato Curls.

Fried Smelts, Britannia

Clean smelts, remove heads and tails, and cut in one-half-inch slices crosswise. Cut thin slices of bacon in pieces. Arrange fish and bacon alternately on skewers having four of each for a service. Brush over with olive oil, seasoned with salt and pepper, roll in crumbs, fry in deep fat, and drain on brown paper. Garnish with parsley and serve with sections of lemon.

Planked Smelts

Clean and bone eight selected smelts and arrange on a buttered plank in the shape of a large fish. Sprinkle with salt and pepper, spread with Maître d'Hôtel Butter and bake twelve minutes. Garnish around edge with potato roses, made by forcing Duchess Potatoes through a pastry bag and rose tube, and bake until fish is done and potatoes are brown. Remove from oven, sprinkle with finely chopped parsley and between roses place slices of cucumber and sections of small tomatoes, each, dressed with French dressing. Serve at once from plank.

Smelts au Beurre Noir

Split and bone eight selected smelts, sprinkle with salt and pepper, roll in flour and sauté in butter. Remove to serving dish, pour over *Beurre Noir* and sprinkle with one-half tablespoon finely chopped parsley.

Beurre Noir. To fat in pan add two and one-half tablespoons butter and stir until well browned; then add one teaspoon lemon juice and a few grains, each, salt and pepper. Strain over fish.

Fried Fillets of Halibut or Flounder

Clean fish, cut in long or short fillets and sprinkle with salt and pepper. If cut in long fillets, roll, and fasten with small wooden skewers. Dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Serve with Sauce Tartare.

Fillets of Flounder in Paper Cases

Cut cold boiled ham in one-fourth-inch slices, then in oblong-shaped pieces with rounding corners. Fillet large flounders and cut in pieces.

Arrange a thick piece on each piece of ham, sprinkle with salt and pepper, put in paper cases and turn edges, thus preventing escape of juices. Put in pan, brush cases with melted butter and bake in a hot oven fifteen minutes. Arrange on hot serving plates without removing cases. Serve with melted butter.

Fillets of Sole, St. Malo

Clean, wipe, and fillet three flounders. Put in buttered pan, sprinkle with salt and pepper, and pour over three-fourths cup fish stock (made from trimmings and bones), one-half cup white wine, liquor drained from one-half pint parboiled oysters, two slices, each, carrot and onion, bit of bay leaf, sprig of parsley, and stalk of celery, broken in pieces. Cover with buttered paper and bake twenty minutes. Remove fillets to copper platter. Melt three tablespoons butter, add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup liquor remaining in pan. Bring to the boiling-point, add one-half cup heavy cream, and season with one-half teaspoon salt and a few grains paprika. Strain sauce over fillets, place a parboiled oyster on each, sprinkle with six tablespoons Parmesan cheese, and bake until cheese is melted.

Fillets of Sole Marguery

Wipe, skin, and fillet two sole. Put in buttered dripping pan, sprinkle with salt and paprika, and pour over one-third cup white wine. Cover with buttered paper and bake in a moderate oven fifteen minutes. Put bones and trimmings of fish in saucepan, add body bones from a small lobster and six little neck clams. Cover with two and one-half cups cold water, bring to the boiling-point and let simmer until stock is reduced to one cup. Melt three tablespoons butter, add three tablespoons flour and stir until well blended, then pour on gradually the fish stock. Bring to the boiling-point and add one-fourth cup wine in which fish has cooked and season with salt and pepper. Arrange fillets on copper platter, strain over sauce, and garnish with slices of lobster meat, chopped truffle, and one dozen little neck clams. Sprinkle with grated Parmesan cheese and bake until thoroughly heated.

Fried Fish, Russian Style, Mushroom Sauce

Cut two slices chicken halibut in fillets, sprinkle fillets with salt and pepper, pour over one-third cup white wine, cover, and let stand

thirty minutes. Drain, dip each piece separately in heavy cream, then in flour, and fry in deep fat. Cook skin and bones removed from fish with five slices carrot, two slices onion, sprig parsley, bit of bay leaf, one-fourth teaspoon peppercorns, and two cups cold water until reduced to one cup liquid. Make sauce of two tablespoons butter, three tablespoons flour, the fish stock, the one-third cup heavy cream. Add yolks two eggs, salt, pepper, cayenne, and white wine to taste.

Arrange fish on serving dish, cover with one-half pound mushroom caps cleaned, then sautéed in butter, and pour over sauce.

Fried Eels

Clean eels, cut in two-inch pieces, and parboil eight minutes. Sprinkle with salt and pepper, dip in corn meal, and sauté in pork fat.

Fried Stuffed Smelts

Smelts are stuffed as for Baked Stuffed Smelts, dipped in crumbs, egg, and crumbs, fried in deep fat, and served with Sauce Tartare.

Fried Shad Roe

Parboil and cook shad roe as for Baked Shad Roe. Cut in pieces, sprinkle with salt and pepper, and brush over with lemon juice. Dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

Soft-shell Crabs

Clean crabs, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Being light, they will rise to top of fat, and should be turned while frying. Soft-shell crabs are usually fried. Serve with Sauce Tartare.

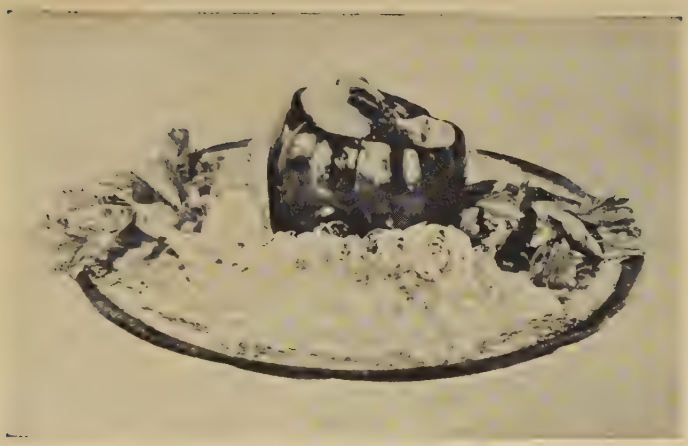
To Clean a Crab. Lift and fold back the tapering points which are found on each side of the back shell, and remove spongy substance that lies under them. Turn crab on its back, and with a pointed knife remove the small piece at lower part of shell, which terminates in a point; this is called the apron.

Frogs' Hind Legs

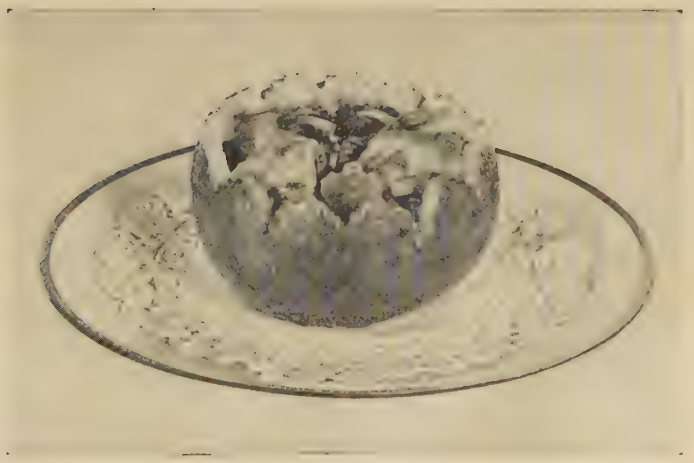
Trim and clean. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, then fry three minutes in deep fat, and drain.

Terrapin

To prepare terrapin for cooking, plunge into boiling water and boil five minutes. Lift out of water with skimmer, and remove skin from



Oyster Cocktail I. — *Page 213.*



Oyster Cocktail II. — *Page 213.*

Oysters à la Ballard. — *Page 214.*

Clams, Union League. — *Page 221.*

feet and tail by rubbing with a towel. Draw out head with a skewer, and rub off skin.

To Cook Terrapin. Put in a kettle, cover with boiling salted water, add two slices each of carrot and onion, and a stalk of celery. Cook until meat is tender, which may be determined by pressing feet-meat between thumb and finger. The time required will be from thirty-five to forty minutes. Remove from water, cool, draw out nails from feet, cut under shell close to upper shell and remove. Empty upper shell and carefully remove and discard gall-bladder, sandbags, and thick, heavy part of intestines. Any of the gall-bladder would give a bitter flavor to the dish. The liver, small intestines, and eggs are used with the meat.

Terrapin à la Baltimore

1 terrapin
¾ cup White Stock
1½ tablespoons wine
Cayenne
1½ tablespoons butter
Salt and pepper
Yolks 2 eggs

To stock and wine add terrapin meat, with bones cut in pieces and entrails cut in smaller pieces; then cook slowly until liquor is reduced one-half. Add liver separated in pieces, eggs, butter, salt, pepper, and cayenne.

Terrapin à la Maryland

Add to Terrapin à la Baltimore one tablespoon each butter and flour creamed together, one-half cup cream, yolks two eggs slightly beaten, and one teaspoon lemon juice; then add, just before serving, one tablespoon Sherry wine. Pour in a deep dish and garnish with toast or puff-paste points.

Washington Terrapin

1 terrapin
1½ tablespoons butter
1½ tablespoons flour
1 cup cream
½ cup chopped mushrooms
Salt
Few grains cayenne
2 eggs
2 tablespoons Sherry wine

Melt the butter, add flour, and pour on slowly the cream. Add terrapin meat with bones cut in pieces, entrails cut smaller, liver separated in pieces, eggs of terrapin, and mushrooms. Season with salt and cayenne. Just before serving, add eggs slightly beaten and two tablespoons Sherry wine.

WAYS OF USING REMNANTS OF COOKED FISH

Fish à la Crême

1¾ cups cold flaked fish (cod, haddock, halibut, or cusk)
1 cup White Sauce I
Bit of bay leaf
Sprig of parsley
½ slice onion
Salt and pepper
½ cup buttered cracker crumbs

Scald milk, for the making of White Sauce, with bay leaf, parsley, and onion. Cover the bottom of small buttered platter with one-half of the fish, sprinkle with salt and pepper, and pour over one-half the sauce; repeat. Cover with crumbs, and bake in hot oven until crumbs are brown. Fish à la crême, baked in scallop shells, makes an attractive luncheon dish, or may be served for a fish course at dinner.

Turban of Fish

2½ cups cold flaked fish (cod, haddock, halibut, or cusk)
1½ cups milk
1 slice onion
Blade of mace
Sprig of parsley
¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
Lemon juice
Yolks 2 eggs
⅔ cup buttered cracker crumbs

Scald milk with onion, mace, and parsley; remove seasonings. Melt butter, add flour, salt, pepper, and pour on gradually while stirring constantly the milk; bring to the boiling-point and add eggs, slightly beaten. Put a layer of fish on buttered dish, sprinkle with salt and pepper, and add a few drops of lemon juice. Cover with sauce, continuing until fish and sauce are used, shaping in pyramid form. Cover with crumbs, and bake in hot oven until crumbs are brown.

Fish à la Provençale

¼ cup butter
2½ tablespoons flour
2 cups milk
Yolks 4 hard-boiled eggs
1 teaspoon Anchovy sauce
2 cups cold boiled flaked fish

Make a sauce of butter, flour, and milk. Mash yolk of eggs and mix with Anchovy sauce, add to sauce, then add fish. Serve as soon as heated on pieces of toasted graham bread.

Fish Hash

Take equal parts of cold flaked fish and cold boiled potatoes finely chopped. Season with salt and pepper. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Fish Croquettes

To one and one-half cups cold flaked halibut or salmon add one cup White Sauce III. Season with salt and pepper, and spread on a plate to cool. Shape, roll in crumbs, egg, and crumbs, and fry in deep fat; drain, arrange on hot dish for serving, and garnish with parsley. If salmon is used, add lemon juice and finely chopped parsley.

Fish and Egg Croquettes

Make same as Fish Croquettes, using one cup fish and three hard-boiled eggs finely chopped.

Scalloped Cod

Line a buttered baking dish with cold flaked cod, sprinkle with salt and pepper, cover with a layer of oysters (first dipped in melted butter, seasoned with onion juice, lemon juice, and a few grains of cayenne, and then in cracker crumbs), add three tablespoons oyster liquor; repeat, and cover with buttered cracker crumbs. Bake twenty minutes in hot oven. Serve with Egg or Hollandaise Sauce I.

Salmon Box

Line a bread pan, slightly buttered, with warm steamed rice. Fill the centre with cold boiled salmon, flaked, and seasoned with salt, pepper, and a slight grating of nutmeg. Cover with rice and steam one hour. Turn on a hot platter for serving, and pour around Egg Sauce II.

Spiced Salmon

Remove fish from one can choice selected salmon. Rinse thoroughly with hot water and remove skin and bones. Put one cup vinegar in saucepan and add one teaspoon whole cloves, one-half teaspoon allspice berries, eight peppercorns, and one-fourth teaspoon salt. Bring to the boiling-point, pour over fish, cover, and let stand two hours. Drain and separate into flakes.

WAYS OF COOKING SALT FISH

Creamed Salt Codfish

Shred salt codfish in pieces using two three-tined forks (there should be three-fourths cup), and soak in lukewarm water, the time depending upon hardness and saltness of the fish. Drain, and add one cup White Sauce II. Add one beaten egg just before sending to table. Garnish with slices of hard-boiled eggs.

Fish Balls

1 cup salt codfish
2 heaping cups potatoes
1 egg
½ tablespoon butter
⅛ teaspoon pepper

Wash fish in cold water, and pick in very small pieces, or cut, using scissors. Wash, pare, and soak potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are nearly soft. Drain thoroughly through strainer, return to kettle in which they were cooked, mash thoroughly (being sure there are no lumps left in potato), add butter, egg well beaten, and pepper. Beat with a fork two minutes. Add salt if necessary. Take up by spoonfuls, put in frying-basket, and fry one minute in deep fat, allowing six fish balls for each frying; drain on brown paper. Reheat the fat after each frying.

Salted Codfish Hash

Prepare as for Fish Balls, omitting egg. Try out fat salt pork, remove scraps, leaving enough fat in pan to moisten fish and potatoes. Put in fish and potatoes, stir until heated, then cook until well browned underneath; fold, and turn like an omelet.

Toasted Salt Fish

Shred salt codfish in long thin strips. If very salt, it may need to be freshened by standing for a short time in lukewarm water. Place on a greased wire broiler, and broil until brown on one side; turn, and brown the other. Remove to platter, and spread with butter.

Gloucester Salt Codfish

Cut boneless salt codfish in two-inch pieces, cover with lukewarm water, and let stand fifteen minutes. Drain, dry on a towel, and sauté in butter in a hot frying pan until delicately browned. Add rich milk

or thin cream to about half cover fish and bring gradually to the boiling-point. Pour into hot serving dish.

Spanish Codfish

Pick over salt codfish and separate in small pieces; there should be two-thirds cup. Cover with lukewarm water, soak until soft, and drain. Cut four medium-sized cold boiled potatoes in slices. Arrange alternate layers of potatoes and fish in buttered baking dish, sprinkle with salt and pepper and cover with one and one-half canned pimientos cut in strips; repeat. Pour over one cup tomato sauce, cover with buttered cracker crumbs and bake until crumbs are brown.

Kippered Herrings

Remove fish from can, and arrange on a platter that may be put in the oven; sprinkle with pepper, brush over with lemon juice and melted butter, and pour over the liquor left in can. Heat thoroughly, and garnish with parsley and slices of lemon.

Baked Finnan Haddie

Put fish in dripping pan, surround with milk and water in equal proportions, and place on back of range, where it will heat slowly. Let stand twenty-five minutes; pour off liquid, spread with butter, and bake twenty-five minutes.

Broiled Finnan Haddie

Broil in a greased broiler until brown on both sides. Remove to a pan, and cover with hot water; let stand ten minutes, drain, and place on a platter. Spread with butter, and sprinkle with pepper.

Finnan Haddie à la Delmonico

Cut fish in strips (there should be one cup), put in baking pan, cover with cold water, place on back of range and allow water to heat to boiling-point; let stand on range, keeping water below boiling-point for twenty-five minutes, drain, and rinse thoroughly. Separate fish into flakes, add one-half cup heavy cream and four hard-boiled eggs thinly sliced. Season with cayenne, add one tablespoon butter, and sprinkle with finely chopped parsley.

Finnan Haddie, Caledonian Style

Cut a four-pound finnan haddie in halves, lengthwise, put one-half in dripping pan, surround with milk and water, using equal pro-

portions, place on back of range, where it will heat slowly, and let stand twenty-five minutes. Trim fish to fit a copper platter or granite-ware pan, by cutting off flank and a piece from tail end. Pour over a cream sauce and surround with six halves of potatoes of uniform size, washed and smoothly pared. Bake until potatoes are soft (the time required being about forty minutes), basting with the cream sauce four times during the cooking.

If cooked in copper platter, serve from it; if cooked in pan, remove to hot serving dish and pour around sauce. For the *Cream Sauce* melt two tablespoons butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one and one-half cups milk. Bring to the boiling-point and season with a few grains pepper.

Epicurean Finnan Haddie

3 pound finnan haddie
½ tablespoon finely chopped shallot
1 tablespoon finely chopped green pepper
½ tablespoon finely chopped red pepper
¼ cup butter
1 teaspoon salt
½ teaspoon paprika
Few grains cayenne
4 tablespoons flour
1 cup cream
1 cup milk

Soak finnan haddie in milk to cover, one hour. Bake in a moderate oven thirty minutes and separate in flakes; there should be two cups. Cook shallot and pepper in butter five minutes, stirring constantly. Add salt, paprika, and cayenne mixed with flour and stir until well blended; then pour on gradually, while stirring constantly, milk and cream. Bring to the boiling-point and add finnan haddie. Serve on squares of toasted bread, or turn into a buttered baking dish, cover with buttered crumbs and bake until crumbs are brown.

Savory Finnan Haddie

Soak a finnan haddie in milk to cover one hour; then cook until tender and separate into flakes; there should be one cup. Cut a two-inch cube of fat salt pork in tiny dice and try out. To two tablespoons of the pork fat add two tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup rich milk. Bring to the boiling-point and add finnan haddie, pork scraps, yolks of two eggs, slightly beaten, and one and one-half cups small potato balls or cubes, which have been cooked in boiling, salted

water until soft. Season with salt and pepper and serve as soon as thoroughly heated.

WAYS OF COOKING SHELLFISH

Oysters on the Half Shell

Serve oysters on deep halves of the shells, allowing six to each person. Arrange on plates of crushed ice, with one-fourth of a lemon in the centre of each plate.

Raw Oysters

Raw oysters are served on oyster plates, or in a block of ice. Place block of ice on a folded napkin on platter, and garnish the base with parsley and quarters of lemon, or ferns and lemon.

To Block Ice for Oysters. Use a rectangular piece of clear ice, and with hot flatirons melt a cavity large enough to hold the oysters Pour water from cavity as rapidly as it forms.

Oyster Cocktail I

8 small raw oysters
1 tablespoon tomato catsup
½ tablespoon vinegar or lemon juice
2 drops Tabasco
Salt
1 teaspoon celery, finely chopped
½ teaspoon Worcestershire Sauce

Mix ingredients, chill thoroughly, and serve in cocktail glasses, or cases made from green peppers placed on a bed of crushed ice.

Oyster Cocktail II

6 small raw oysters
Tabasco Sauce
Lemon juice
Salt

Grape Fruit

Cut grape fruit in halves crosswise, remove tough portions, and add oysters seasoned with Tabasco, lemon juice, and salt.

Oyster Cocktail III

Allow seven Blue Point oysters to each person, and season with three-fourths tablespoon lemon juice, one-half tablespoon tomato catsup, one-half teaspoon finely chopped shallot, three drops Tabasco sauce, few gratings horseradish root, and salt to taste. Chill thoroughly and serve in cocktail glasses. Sprinkle with finely chopped celery and garnish with small pieces of red and green pepper.

Sherry Oyster Cocktail

Allow six small oysters to each cocktail and pour over a dressing made of Sherry wine, salt, and cayenne, allowing two tablespoons wine and a few grains, each, salt and cayenne, to each cocktail. Let oysters stand in sauce in a cold place fifteen minutes before serving time.

Mayonnaise of Oysters

Clean selected oysters; put in omelet pan and parboil in their own liquor. Remove tough muscles and discard. Marinate soft portions with French Dressing and let stand in ice box until thoroughly chilled. Arrange for individual service on small, crisp lettuce leaves (placed on small plates), allowing three pieces of oyster for each portion. Garnish with Mayonnaise Dressing forced through pastry bag and tube and serve at once as a first course at dinner.

Oysters à la Ballard

Arrange oysters on the half shell in a dripping pan, and bake in a hot oven until edges curl. Allow six to each serve, pouring over the following sauce:

Mix three-fourths tablespoon melted butter, three-fourths teaspoon each lemon juice and Sauterne, few drops Tabasco, one-fourth teaspoon finely chopped parsley, and salt and paprika to taste. Before putting ingredients in bowl, rub inside of bowl with a clove of garlic.

Panned Oysters

Clean one pint large oysters. Place in dripping pan small oblong pieces of toast, put an oyster on each piece, sprinkle with salt and pepper, and bake until oysters are plump. Serve with Lemon Butter.

Lemon Butter. Cream three tablespoons butter, add one-half teaspoon salt, one tablespoon lemon juice, and a few grains cayenne.

Fancy Roast

Clean one pint oysters and drain from their liquor. Put in a stewpan and cook until oysters are plump and edges begin to curl. Shake pan to prevent oysters from adhering to pan, or stir with a fork. Season with salt, pepper, and two tablespoons butter, and pour over four small slices of toast. Garnish with toast points and parsley.

Union Grill

Clean one pint oysters and drain off all the liquor possible. Put oysters in chafing-dish or omelet pan and as liquor flows from oysters, remove with a spoon, and so continue until oysters are plump. Sprinkle with salt and pepper, and add two tablespoons butter. Serve on zephyrettes.

Oyster Fricassee

1 pint oysters
Milk or cream
2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains cayenne
1 teaspoon finely chopped parsley
1 egg

Clean oysters, heat oyster liquor to boiling-point, and strain through double thickness of cheesecloth; add oysters to liquor and cook until plump. Remove oysters with skimmer and add enough cream to liquor to make a cupful. Melt butter, add flour, and pour on gradually hot liquid; add salt, cayenne, parsley, oysters, and egg slightly beaten.

Roasted Oysters

Oysters for roasting should be bought in the shell. Wash thoroughly, scrubbing with a brush. Put in a dripping pan, and cook in a hot oven until shells part. Open, sprinkle with salt and pepper, and serve in the deep halves of the shells.

Creamed Oysters

1 pint oysters
1½ cups White Sauce II
⅛ teaspoon celery salt

Clean, and cook oysters until plump and edges begin to curl; drain, and add to White Sauce seasoned with celery salt. Serve on toast, in timbale cases, patty shells, or vol-au-vents. One-fourth cup sliced mushrooms are often added to Creamed Oysters.

Oysters in Brown Sauce

1 pint oysters
¼ cup butter
¼ cup flour
1 cup oyster liquor
½ cup milk
½ teaspoon salt
1 teaspoon anchovy sauce
⅛ teaspoon pepper

Parboil and drain oysters, reserve liquor, heat, strain, and set aside for sauce. Brown butter, add flour, and stir until well browned;

then add oyster liquor, milk, seasonings, and oysters. For filling patty cases or vol-au-vents.

Savory Oysters

1 pint oysters
4 tablespoons butter
4 tablespoons flour
1 cup oyster liquor
½ cup Brown Stock
1 teaspoon Worcestershire Sauce
Few drops onion juice
Salt
Pepper

Clean oysters, parboil, and drain. Melt butter, add flour, and stir until well browned. Pour on gradually, while stirring constantly, oyster liquor and stock. Add seasonings and oysters. Serve on toast, in timbale cases, patty shells, or vol-au-vents.

Oysters à la Astor

1 pint oysters
2 tablespoons butter
1 teaspoon finely chopped shallot
1 tablespoon finely cut red pepper
2 tablespoons flour
1½ teaspoons lemon juice
1½ teaspoons vinegar
1 teaspoon Worcestershire Sauce
½ teaspoon beef extract
Salt and paprika

Wash and pick over oysters, parboil, drain, and to liquor add enough water to make one cup liquid; then strain through cheesecloth. Cook butter, shallot, and pepper three minutes, add flour, and pour on gradually, while stirring constantly, oyster liquor. Add seasonings and oysters. Remove oysters to small pieces of bread sautéed in butter on one side. Pour sauce over oysters and garnish with thin slices of cucumber pickles.

Oysters à la D'Uxelles

1 pint oysters
2 tablespoons chopped mushrooms
2 tablespoons butter
½ teaspoon salt
½ teaspoon lemon juice
Few grains cayenne
1 egg yolk
2 tablespoons flour

Clean oysters, heat to boiling-point, and drain. Reserve liquor and strain through double thickness of cheesecloth; there should be three-fourths cup. Cook butter and mushrooms five minutes, add flour, and oyster liquor gradually; then cook three minutes. Add seasonings, oysters, and egg yolk slightly beaten. Serve on zephyrettes or pieces of toasted bread.

Oysters à la Thorndike

1 pint oysters
2 tablespoons butter
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
¼ cup thin cream
Yolks 2 eggs

Clean and drain oysters. Melt butter, add oysters, and cook until oysters are plump. Then add seasonings, cream, and egg yolks slightly beaten. Cook until sauce is slightly thickened, stirring constantly. Serve on zephyrettes or pieces of toasted bread.

Jack's Oyster Ragout

Parboil fresh honeycomb tripe, and cut in three-fourths inch pieces; there should be one cup. Add an equal quantity of small boiled onions, and twice the quantity of raw oysters which have been previously cleaned. Melt three tablespoons butter, add four tablespoons flour, and pour on gradually while stirring constantly one and one-half cups thin cream or top milk. Bring to the boiling-point and add tripe, onion, and oysters. When thoroughly heated add yolks two eggs slightly beaten, and season highly with salt, pepper, and paprika. Serve on pieces toasted bread.

Broiled Oysters

1 pint selected oysters
¼ cup melted butter
⅔ cup seasoned cracker crumbs

Clean oysters and dry between towels. Lift with plated fork by the tough muscle and dip in butter, then in cracker crumbs which have been seasoned with salt and pepper. Place in a buttered wire broiler and broil over a clear fire until juices flow, turning while broiling. Serve with or without Maître d'Hôtel Butter.

Oyster Toast

Serve Broiled Oysters on small pieces of Milk Toast. Sprinkle with finely chopped celery.

Oysters and Macaroni

1 pint oysters
¾ cup macaroni broken in 1 inch pieces
Salt and pepper
Flour
½ cup buttered crumbs
¼ cup butter

Cook macaroni in boiling salted water until soft; drain, and rinse with cold water. Put a layer in bottom of a buttered pudding dish, cover with oysters, sprinkle with salt and pepper, dredge with flour, and dot over with one-half of the butter; repeat, and cover with buttered crumbs. Bake twenty minutes in hot oven.

Scalloped Oysters

1 pint oysters
4 tablespoons oyster liquor
2 tablespoons milk or cream
½ cup stale bread crumbs
1 cup cracker crumbs
½ cup melted butter
Salt
Pepper

Mix bread and cracker crumbs, and stir in butter. Put a thin layer in bottom of a buttered shallow baking dish, cover with oysters, and sprinkle with salt and pepper; add one-half each oyster liquor and cream. Repeat, and cover top with remaining crumbs. Bake thirty minutes in hot oven. Never allow more than two layers of oysters for Scalloped Oysters; if three layers are used, the middle layer will be underdone, while others are properly cooked. A sprinkling of mace or grated nutmeg to each layer is considered by many an improvement.

Norfolk Oysters

1½ cups hot boiled rice
1 pint oysters
1 cup white sauce
1 cup buttered cracker crumbs
Butter
Salt
Pepper

Cover bottom of buttered baking dish with one-half the rice, cover rice with one-half the oysters, pour over one-half the sauce, dot over with butter and sprinkle with salt and pepper; repeat, using remaining ingredients. Cover with crumbs, and bake in a hot oven thirty minutes.

Oysters Louisiane

Clean and parboil one quart oysters, reserve liquor, and add enough water to make one and one-half cups. Cook three tablespoons butter with two tablespoons chopped red pepper and one-half tablespoon finely chopped shallot, five minutes. Add four tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, oyster liquor. Bring to the boiling-point and season with one-half teaspoon salt, one-eighth teaspoon paprika, and a few grains cayenne. Arrange oysters in large buttered scalloped shells, pour

over sauce, sprinkle with grated Parmesan cheese, and pipe around edge of shells a border of Duchess potatoes. Arrange in pan and bake until thoroughly reheated.

Devilled Oysters on Half Shells

1 pint oysters
1 tablespoon butter
3 shallots, finely chopped
2 tablespoons flour
½ cup milk
¼ cup cream
½ teaspoon salt
⅛ teaspoon nutmeg
Few grains cayenne
½ teaspoon made mustard
½ tablespoon Worcestershire Sauce
3 chopped mushroom caps
½ teaspoon chopped parsley
1 egg yolk
Buttered cracker crumbs

Wash and chop oysters. Cook shallots in butter three minutes, add flour and stir until well blended; then add milk and cream. Bring to the boiling-point and add oysters and remaining ingredients, except egg yolk and crumbs, and let simmer twelve minutes. Add egg yolk, put mixture in deep halves of oyster shells, cover with buttered crumbs, and bake fifteen minutes.

Sautéed Oysters

Clean one pint oysters, sprinkle on both sides with salt and pepper. Take up by the tough muscle with plated fork and dip in seasoned cracker crumbs. Put two tablespoons butter in hot frying pan, add oysters, brown on one side, then turn and brown on the other.

Oysters with Bacon

Clean oysters, wrap a thin slice of bacon around each, and fasten with small wooden skewers. Put in a broiler, place broiler over dripping pan, and bake in a hot oven until bacon is crisp and brown, turning broiler once during the cooking. Drain on brown paper.

Fried Oysters

Clean, and dry between towels, selected oysters. Season with salt and pepper, dip in flour, egg, and cracker or stale bread crumbs, and fry in deep fat. Drain on brown paper and serve on a folded napkin. Garnish with parsley and serve with or without Sauce Tyrolienne.

Fried Oysters in Batter

Clean selected oysters, and dry between towels. Dip in batter, fry in deep fat, drain, and serve on a folded napkin; garnish with lemon and parsley. Oysters may be parboiled, drained, and then fried.

Batter

2 eggs
1 teaspoon salt
⅛ teaspoon pepper
1 cup bread flour
¾ cup milk

Beat eggs until light, add salt and pepper. Add milk slowly to flour, stir until smooth and well mixed. Combine mixtures.

Fried Oysters. Philadelphia Relish

Follow directions for Fried Oysters. Serve with

Philadelphia Relish

2 cups cabbage, finely shredded
2 green peppers, finely chopped
1 teaspoon celery seed
¼ teaspoon mustard seed
½ teaspoon salt
2 tablespoons brown sugar
½ cup vinegar

Mix ingredients in order given.

Little Neck Clams

Little Neck Clams are served raw on the half shell, in same manner as raw oysters.

Steamed Clams

Clams for steaming should be bought in the shell and always be alive. Wash clams thoroughly, scrubbing with a brush, changing the water several times. Put into a large kettle, allowing one-half cup hot water to four quarts clams; cover closely, and steam until shells partially open, care being taken that they are not overdone. Serve with individual dishes of melted butter. Some prefer a few drops of lemon juice or vinegar added to the butter. If a small quantity of boiling water is put into the dishes, the melted butter will float on top and remain hot much longer.

Roasted Clams

Roasted clams are served at Clam Bakes. Clams are washed in sea-water, placed on stones which have been previously heated by

burning wood on them, ashes removed, and stones sprinkled with thin layer of seaweed. Clams are piled on stones, covered with seaweed, and a piece of canvas thrown over them to retain the steam.

Clams, Union League

Fry one-half teaspoon finely chopped shallot in one and one-half tablespoons butter five minutes; add eighteen clams and one-half cup white wine. Cook until the shells open. Remove clams from shells and reduce liquor to one-third cupful. Melt two tablespoons butter, add two tablespoons flour, and pour on gradually the clam liquor; add one-fourth cup cream and the clams, season with salt and pepper. Refill clam-shells, sprinkle with chopped parsley, and serve on each a square piece of fried bacon.

Clams à la Grand Union

Clean and dry selected clams, dip in batter, fry in deep fat, and drain on brown paper. Serve on small slices of cream toast, seasoned with salt, celery salt, pepper, and cayenne.

Batter. Mix and sift one cup bread flour, one-half teaspoon salt, and a few grains cayenne. Add gradually two-thirds cup milk, and two eggs well beaten.

Scallop Cocktail I

Clean scallops, put in saucepan, and cook until they begin to shrivel. Drain, chill, and put in small fluted shells, allowing five for each shell. Arrange two shells on each plate of finely crushed ice, placing between shells a small glass containing cocktail dressing, same as used for Oyster Cocktail I.

Scallop Cocktail II

1 teaspoon salt
½ teaspoon pepper
1 teaspoon chopped parsley
1 teaspoon chives, finely cut
½ teaspoon chopped shallot
½ teaspoon olive oil
10 drops Tabasco Sauce
1½ teaspoons Worcestershire Sauce
½ teaspoon dry mustard
2 tablespoons vinegar
8 tablespoons Tomato Catsup
1 teaspoon grated horseradish root
1 pint scallops

Mix ingredients, except scallops. Cook scallops five minutes, drain, chill thoroughly, and cut in halves. Add to sauce and serve in cocktail glasses. This recipe makes six cocktails.

Fried Scallops

Clean one quart scallops, parboil one minute, drain, and dry between towels. Season with salt and pepper, dip in egg and crumbs, and fry two minutes in deep fat; then drain on brown paper.

Fried Scallops à la Huntington

Clean one quart scallops and pour over the juice of one lemon, one tablespoon olive oil, one-half teaspoon finely chopped parsley, one teaspoon salt, and one-half teaspoon pepper. Cover, let stand thirty minutes, and drain. Mix three tablespoons chopped cooked ham, four tablespoons soft, stale bread crumbs, two tablespoons grated Parmesan cheese, and one teaspoon chives, finely cut. Dip scallops in egg, roll in mixture, fry in deep fat, and drain on brown paper. Sprinkle with salt, remove to hot platter, and garnish with parsley.

Scalloped Scallops

1 pint scallops
½ cup butter
1 cup cracker crumbs
½ cup soft bread crumbs
⅔ cup cream or top milk
Salt
Pepper

Wash and pick over scallops. Melt butter and add cracker and bread crumbs. Put a layer of crumbs in buttered dish, cover with scallops, add one-half the cream, and season with salt and pepper; repeat, cover with buttered crumbs, and bake until crumbs are brown, the time required being about twenty-five minutes.

Savoy Scallops

1 quart scallops
Fish stock
3 tablespoons butter
3 tablespoons flour
½ cup Mayonnaise Dressing
½ teaspoon thyme

Parboil scallops, drain, and cut in quarters. To scallop liquor add enough fish stock to make one and one-third cups. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, fish liquor. When boiling-point is reached remove to back of range and add gradually Mayonnaise Dressing; then scallops and thyme. Keep hot in chafing dish, but do not allow mixture to boil. For the thyme remove the tiny leaves from sprigs of dried thyme.

Rump. Porter House Steak.
First Cut from Cross Cut of Rump.
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Tip of Sirloin. Five Prime Ribs.
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Aitch Bone.
Tenderloin of Beef. Cut from Hind Shin for Soup-making.
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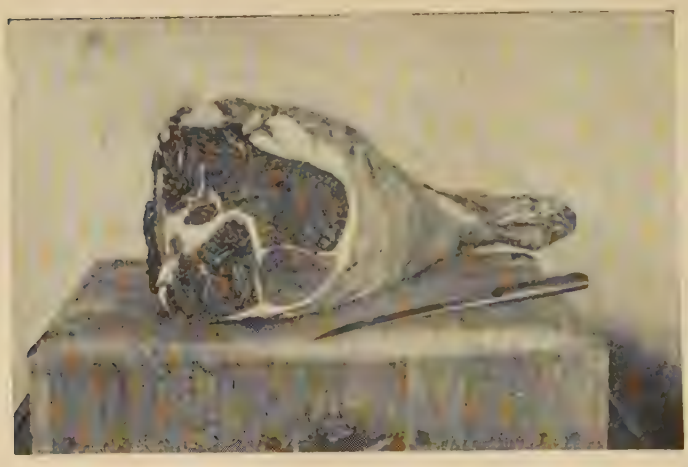


Round of Beef — *Page 231.*

Samoset Scallops

1 pint scallops
1 tablespoon butter
1 tablespoon flour
½ cup thin cream
⅓ cup stewed and strained tomatoes
Few grains soda
1 cup finely cut, soft mild cheese
1 egg
Salt
Mustard
Cayenne

Parboil scallops, in their own liquor; drain and cut in quarters. Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, cream. Bring to the boiling-point and add tomatoes mixed with soda. Again bring to the boiling-point, add cheese and, as soon as cheese has melted, egg slightly beaten, scallops, and seasoning. Serve on squares of toasted bread.

Scallops Bresloise

1 pint scallops
½ cup water
½ cup white wine
½ teaspoon salt
⅛ teaspoon pepper
1 small white onion
2 tablespoons butter
1 tablespoon flour
3 tablespoons fresh bread crumbs
½ clove garlic, finely chopped
1 teaspoon chopped parsley
1 egg yolk
¾ cup buttered bread crumbs

Cook scallops in water and wine, to which salt and pepper have been added, five minutes; drain and chop. Chop onion and cook with butter five minutes, stirring constantly; add flour and stir until well blended; then pour on gradually, while stirring constantly, liquor drained from scallops. Bring to the boiling-point and add scallops and remaining ingredients, except buttered bread crumbs. Fill buttered shells with mixture, sprinkle with buttered crumbs, arrange in pan, and bake until crumbs are brown.

Plain Lobster

Remove lobster meat from shell, arrange on platter, and garnish with small claws. If two lobsters are opened, stand tail shells (put together) in centre of platter, and arrange meat around them.

Lobster Cocktail

Allow one-fourth cup lobster meat, cut in pieces, for each cocktail, and season with two tablespoons, each, tomato catsup and Sherry

wine, one tablespoon lemon juice, six drops Tabasco Sauce, one-eighth teaspoon finely chopped chives, and salt to taste. Chill thoroughly, and serve in cocktail glasses.

Fried Lobster

Remove lobster meat from shell. Use tail meat, divided in fourths and large pieces of claw meat. Sprinkle with salt, pepper, and lemon juice; dip in crumbs, egg, and again in crumbs; fry in deep fat, drain, and serve with Sauce Tartare.

Buttered Lobster

2 lb. lobster
3 tablespoons butter
Salt and pepper
Lemon juice

Remove lobster meat from shell and chop slightly. Melt butter, add lobster, and when heated, season and serve garnished with lobster claws.

Scalloped Lobster

2 lb. lobster
1½ cups White Sauce II
½ teaspoon salt
Few grains cayenne
2 teaspoons lemon juice

Remove lobster meat from shell and cut in cubes. Heat in White Sauce and add seasonings. Refill lobster shells, cover with buttered crumbs, and bake until crumbs are brown. To prevent lobster shells from curling over lobster while baking, insert small wooden skewers of sufficient length to keep shell in its original shape. To assist in preserving color of shell, brush over with olive oil before putting into oven. Scalloped lobster may be baked in buttered scallop shells, or in a buttered baking dish.

Devilled Lobster

Scalloped lobster highly seasoned is served as Devilled Lobster. Use larger proportions of same seasonings, with the addition of mustard.

Curried Lobster

Prepare as Scalloped Lobster, adding to flour one-half teaspoon curry powder when making White Sauce.

Lobster Farci

1 cup chopped lobster meat
Yolks 2 hard-boiled eggs
½ tablespoon chopped parsley
1 cup White Sauce I
Slight grating nutmeg
⅓ cup buttered crumbs
Salt
Pepper

To lobster meat add yolks of eggs rubbed to a paste, parsley, sauce, and seasonings to taste. Fill lobster shells, cover with buttered crumbs, and bake until crumbs are brown.

Spanish Lobster in Casseroles

Remove meat from a two-pound lobster and cut in small pieces. Put body bones and claw meat in a stewpan, cover with two and one-half cups cold water and add one slice, each, carrot and onion, sprig of parsley, and stalk of celery. Bring to the boiling-point and let boil until reduced to one and one-half cups; then strain. Melt four tablespoons butter, add four tablespoons flour and stir until well blended; then pour on gradually lobster stock. Bring to the boiling-point and add one-half cup heavy cream, yolks two eggs, slightly beaten, and lobster dice. Season with one tablespoon lemon juice, one-half teaspoon salt, one-fourth teaspoon paprika, and one-eighth teaspoon pepper. Put one tablespoon boiled rice in each buttered individual casserole, fill with lobster mixture, and on top place a small slice of broiled tomato, brushed over with melted butter and seasoned with salt and pepper.

Lobster and Oyster Filling

(For Patties or Vol-au-Vent)

1 pint oysters
1¼ lb. lobster
1½ cups cold water
1 stalk celery
1 slice onion
Salt
¼ cup butter
¼ cup flour
¾ cup cream
Worcestershire Sauce
Lemon juice
Paprika

Clean and parboil oysters; drain, and add to liquor body bones and tough claw meat from lobster, water, celery, and onion. Cook slowly until stock is reduced to one cup, and strain. Make sauce of butter, flour, strained stock, and cream. Add oysters and lobster meat cut in strips; then add seasonings. One-half teaspoon beef extract is an improvement to this dish.

Fricassee of Lobster and Mushrooms

2 lb. lobster
¼ cup butter
¾ lb. mushrooms
Few drops onion juice
¼ cup flour
1½ cups milk
Salt
Paprika
2 tablespoons Sherry wine

Remove lobster meat from shell and cut in strips. Cook butter with mushrooms broken in pieces and onion juice three minutes; add flour, and pour on gradually milk. Add lobster meat, season with salt and paprika, and, as soon as lobster is heated, add wine. Remove to serving dish, and garnish with puff paste or toast points and parsley.

Lobster and Oyster Ragout

¼ cup butter
¼ cup flour
¾ cup oyster liquor
¾ cup cream
¾ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
1 pint oysters parboiled
¾ cup lobster dice
1½ tablespoons Sauterne
1 tablespoon finely chopped parsley

Make a sauce of first eight ingredients. Add oysters, lobster dice, wine, and parsley.

Stuffed Lobster à la Béchamel

2 lb. lobster
1½ cups milk
Bit of bay leaf
3 tablespoons butter
3 tablespoons flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 teaspoon chopped parsley
1 teaspoon lemon juice
Yolks 2 eggs
½ cup buttered crumbs

Remove lobster meat from shell and cut in dice. Scald milk with bay leaf, remove bay leaf and make a white sauce of butter, flour, and milk; add salt, cayenne, nutmeg, parsley, yolks of eggs slightly beaten, and lemon juice. Add lobster dice, refill shells, cover with buttered crumbs, and bake until crumbs are brown. One-half chicken stock and one-half cream may be used for sauce if a richer dish is desired.

Broiled Live Lobster

Live lobsters may be dressed for broiling at market, or may be done at home. Clean lobster and place in a buttered wire broiler. Broil eight minutes on flesh side, turn and broil six minutes on shell side. Serve with melted butter. Lobsters taste nearly the same when placed in dripping pan and baked fifteen minutes in hot oven, and are much easier cooked.

To Split a Live Lobster. Cross large claws and hold firmly with left hand. With sharp-pointed knife, held in right hand, begin at the mouth and make a deep incision, and, with a sharp cut, draw the

knife quickly through body and entire length of tail. Open lobster, remove intestinal vein, liver, and stomach, and crack claw shells with a mallet.

Baked Liver Lobster. Devilled Sauce

Prepare lobster same as for Broiled Live Lobster and place in a dripping pan. Cook liver of lobster with one tablespoon butter three minutes. Season highly with salt, cayenne, and Worcestershire Sauce. Spread over lobster, and bake in a hot oven fifteen minutes. Remove to platter and serve at once, allowing over one and one-half pound lobster to each person.

Live Lobster en Brochette

Split a live lobster, remove meat from tail and large claws, cut in pieces, and arrange on skewers, alternating pieces with small slices of bacon. Fry in deep fat and drain. Cook liver of lobster with one tablespoon butter three minutes, season highly with mustard and cayenne, and serve with lobster.

Lobster à l'Américaine

Split a live lobster and put in a large omelet pan, sprinkle with one-fourth onion finely chopped and a few grains of cayenne and cook five minutes. Add one-half cup Tomato Sauce II and cook three minutes; then add two tablespoons Sherry wine, cover, and cook in oven seven minutes. To the liver add one tablespoon wine, two tablespoons Tomato Sauce, and one-half tablespoon melted butter; heat in pan after lobster has been removed. As soon as sauce is heated, strain, and pour over lobster.

Lobster à la Muisset

Cut two one and one-half pound live lobsters in pieces for serving, remove intestinal vein and lady, and crack large claws. Cook one tablespoon finely chopped shallot and three tablespoons chopped carrot in two tablespoons butter ten minutes, stirring constantly that carrots may not burn. Add two sprigs thyme, one-half bay leaf, two red peppers from pepper sauce, one teaspoon salt, one and one-third cups Brown Stock, two-thirds cup stewed and strained tomatoes, and three tablespoons Sherry wine. Add lobster and cook fifteen minutes. Remove lobster to serving dish, thicken sauce with four tablespoons each, butter and flour cooked together, and add one and one-half

tablespoons brandy. Pour sauce around lobster, and sprinkle all with finely chopped chives.

Planked Live Lobster

Split one and one-half pound live lobster, put in dripping pan, brush shell over with olive oil or melted butter, and bake in a hot oven fifteen minutes. Remove to plank and garnish with Julienne potatoes, slices of peeled and chilled tomatoes, overlapping one another, slices of cucumber and parsley. Pour over lobster melted butter, seasoned with salt, pepper, and lemon juice.

Planked Live Lobster with Oysters

Split and bake a lobster, same as for Planked Live Lobster, cooking only twelve minutes. Clean and pick over one cup oysters, put over tail and body meat of lobster, sprinkle with salt and pepper and dot over generously with butter. Put in oven and bake until oysters are plump and edges curl. Garnish with Saratoga Chips and sprigs of parsley.

Sardine Cocktail

1 small box sardines
½ cup Tomato Catsup
2 teaspoons Worcestershire Sauce
½ teaspoon Tabasco Sauce
Juice 1 lemon
Salt

Skin and bone sardines and separate in small pieces. Mix catsup, sauce, and lemon juice, add dressing, chill and allow, for each portion, one tablespoon on a small crisp lettuce leaf.

CHAPTER XII

BEEF

MEAT is the name applied to the flesh of all animals used for food. Beef is the meat of steer, ox, or cow, and is the most nutritious and largely consumed of all animal foods. Meat is chiefly composed of the albuminoids (fibrin, albumen, gelatin), fat, mineral matter, and water.

Fibrin is that substance in blood which causes it to coagulate when shed. It consists of innumerable delicate fibrils which entangle the blood corpuscles, and form with them a mass called blood clot. Fibrin is insoluble in both cold and hot water.

Albumen is a substance found in the blood and muscle. It is soluble in cold water, and is coagulated by hot water or heat. It begins to coagulate at 134° F. and becomes solid at 160° F. Here lies the necessity of cooking meat in hot water at a low temperature; of broiling meat at a high temperature, to quickly sear surface.

Gelatin in its raw state is termed *collagen*. It is a transparent, tasteless substance, obtained by boiling with water, muscle, skin, cartilage, bone, tendon, ligament, or membrane of animals. By this process, collagen of connective tissues is dissolved and converted into gelatin. Gelatin is insoluble in cold water, soluble in hot water, but in boiling water is decomposed, and by much boiling will not solidify on cooling. When subjected to cold water it swells, and is called hydrated gelatin. Myosin is the albuminoid of muscle, collagen of tendons, ossein of bones, and chondrin of cartilage and gristle.

Gelatin, although highly nitrogenous, does not act in the system as other nitrogenous foods, as a large quantity passes out unchanged.

Fat is the white or yellowish oily solid substance forming the chief part of the adipose tissue. Fat is found in thick layers directly under the skin, in other parts of the body, in bone, and is intermingled throughout the flesh. Fat as food is a great heat-giver and force-producer. *Suet* is the name given to fat which lies about the loins and

kidneys. Beef suet tried out and clarified is much used in cookery for shortening and frying.

Mineral Matter. The largest amount of mineral matter is found in bone. It is principally calcium phosphate (phosphate of lime). Sodium chloride (common salt) is found in the blood and throughout the tissues.

Water abounds in all animals, constituting a large percentage of their weight.

The color of meat is due to the coloring matter (hæmoglobin) which abounds in the red corpuscles of the blood.

The distinctive flavor of meat is principally due to peptones and allied substances, and is intensified by the presence of sodium chloride and other salts.

The beef creature is divided by splitting through the back-bone in two parts, each part being called *a side of beef*. Four hundred and fifty pounds is good market weight for a side of beef.

The most expensive cuts come from that part of the creature where muscles are but little used, which makes the meat finer-grained and consequently more tender, taking less time for cooking. Many of the cheapest cuts, though equally nutritious, need long, slow cooking to render them tender enough to digest easily. Tough meat which has long and coarse fibres is often found to be very juicy, on account of the greater motion of that part of the creature, which causes the juices to flow freely. Roasting and broiling, which develop so fine a flavor, can only be applied to the more expensive cuts. The liver, kidneys, and heart are of firm, close texture, and difficult of digestion. Tripe, which is the first stomach of the ox, is easy of digestion.

The quality of beef depends on age of the creature and manner of feeding. The best beef is obtained from a steer of four or five years. Good beef should be firm and of fine-grained texture, bright red in color, and well mottled and coated with fat. The fat should be firm and of a yellowish color. Suet should be dry, and crumble easily. Beef should not be eaten as soon as killed, but allowed to hang and ripen, — from two to three weeks in winter, and two weeks in summer.

Meat should be removed from paper as soon as it comes from market, otherwise paper absorbs some of the juices.

Meat should be kept in a cool place. In winter, beef may be bought in large quantities and cut as needed. If one chooses a loin

or rump may be bought and kept by the butcher, who sends cuts as ordered.

Always wipe beef, before cooking, with a cheesecloth wrung out of cold water, but never allow it to stand in a pan of cold water, as juices will be drawn out.

DIVISION AND WAYS OF COOKING A SIDE OF BEEF

HIND-QUARTER

Divisions		Ways of Cooking
Flank (thick and boneless)		Stuffed, rolled and braised, or corned and boiled
Round	Aitchbone	Cheap roast, beef stew, or braised
	Top	Steaks, best cuts for beef tea
	Lower Part	Hamburg steaks, curry of beef, and cecils
	Vein	Steaks
Rump	Back	Choicest large roasts and cross-cut steaks
	Middle	Roasts
	Face	Inferior roasts and stews
Loin	Tip	Extra fine roasts
	Middle	Sirloin and porterhouse steaks
	First Cut	Steaks and roast
The Tenderloin	Sold as a Fillet or cut in Steaks	Larded and roasted, or broiled
Hind-shin		Cheap stew or soup stock

FORE-QUARTER

Divisions		Ways of Cooking
Five Prime Ribs		Good roast
Five Chuck Ribs		Small steaks and stews
Neck		Hamburg steaks
Sticking-piece		Mincemeat
Rattle Rand	Thick End, Second Cut, Thin End	Corned for boiling
Brisket	Navel End, Butt End or Fancy Brisket	Finest pieces for corning
Fore-shin		Soup stock and stews

Other Parts of Beef Creature used for Food

Brains	Stewed, scalloped dishes, or croquettes
Tongue	Boiled or braised, fresh or corned
Heart	Stuffed and braised
Liver	Broiled or fried
Kidneys	Stewed or sautéed
Tail	Soup
Suet (kidney suet is the best)	
Tripe	Lyonnaise, broiled, or fried in batter

TABLE SHOWING COMPOSITION OF MEATS

Articles	Refuse	Proteid	Fat	Mineral matter	Water
BEEF					
Fore-quarter	19.8	14.1	16.1	.7	49.3
Hind-quarter	16.3	15.3	15.6	.8	52.
Round	8.5	18.7	8.8	1.	63.
Rump	18.5	14.4	19.	.8	47.3
Loin	12.6	15.9	17.3	.9	53.3
Ribs	20.2	13.6	20.6	.7	44.9
Chuck ribs	13.3	15.	20.8	.8	50.1
Tongue	15.1	14.8	15.3	.9	53.9
Heart		16.	20.4	1.	62.6
	Carbohydrates				
Kidney	.4	16.9	4.8	1.2	76.7
Liver	1.8	21.6	5.4	1.4	69.8
MUTTON					
Hind-quarter	16.7	13.5	23.5	.7	45.6
Fore-quarter	21.1	11.9	25.7	.7	40.6
Leg	17.4	15.1	14.5	.8	52.2
Loin	14.2	12.8	31.9	.6	40.5
VEAL					
Fore-quarter	24.5	14.6	6.	.7	54.2
Hind-quarter	20.7	15.7	6.6	.8	56.2
Leg	10.5	18.5	5.	1.	65.
Sweetbreads		15.4	12.1	1.6	70.9
PORK					
Loin of pork	16.	13.5	27.5	.7	42.3
Ham, smoked	12.7	14.1	33.2	4.1	35.9
Salt Pork	8.1	6.5	66.8	2.7	15.9
Bacon	8.1	9.6	60.2	4.3	17.8
POULTRY					
Chicken	34.8	14.8	1.1	.8	48.5
Fowl	30.	13.4	10.2	.8	45.6
Turkey	22.7	15.7	18.4	.8	42.4
Goose	22.2	10.3	33.8	.6	33.1

W. Q. Atwater, Ph. D.

The Effect of Different Temperatures on the Cooking of Meat

By putting meat in cold water and allowing water to heat gradually, a large amount of juice is extracted and meat is tasteless; and by long cooking the connective tissues are softened and dissolved, which gives to the stock when cold a jelly-like consistency. This principle applies to soup-making.

By putting meat in boiling water, allowing the water to boil for a few minutes, then lowering the temperature, juices in the outer surface are quickly coagulated, and the inner juices are prevented from escaping. This principle applies where nutriment and flavor is desired in meat. Examples: boiled mutton, fowl.

By putting in cold water, bringing quickly to the boiling-point, then lowering the temperature and cooking slowly until meat is tender, some of the goodness will be in the stock, but a large portion left in the meat. Examples: fowl, when cooked to use for made-over dishes, Scotch Broth.

Broiled Beefsteak

The best cuts of beef for broiling are porterhouse, sirloin, cross-cut of rump steaks, and second and third cuts from top of round. Porterhouse and sirloin cuts are the most expensive, on account of the great loss in bone and fat, although price per pound is about the same as for cross-cut of rump. Round steak is very juicy, but, having coarser fibre, is not as tender. Steaks should be cut at least an inch thick, and from that to two and one-half inches. The flank end of sirloin steak should be removed before cooking. It may be put in soup kettle, or lean part may be chopped and utilized for meat cakes, fat tried out and clarified for shortening.

To Broil Steak. Wipe with a cloth wrung out of cold water, and trim off superfluous fat. With some of the fat grease a wire broiler, place meat in broiler (having fat edge next to handle), and broil over a clear fire, turning every ten seconds for the first minute, that surface may be well seared, thus preventing escape of juices. After the first minute, turn occasionally until well cooked on both sides. Steak cut one and one-half inches thick will take ten minutes, if liked rare; twelve to fifteen minutes, if well done. Remove to hot platter, spread with butter, and sprinkle with salt and pepper.

To Pan-Broil Steak. Cook in a hissing-hot frying pan, rubbed over with a trimming of fat, following rules for broiling.

Beefsteak with Maître d'Hôtel Butter

Serve Broiled Steak with Maître d'Hôtel Butter.

Porterhouse Steak with Mushroom Sauce

Serve broiled Porterhouse Steak with Mushroom Sauce.

Porterhouse Steak with Tomato and Mushroom Sauce

Serve broiled Porterhouse Steak with Tomato and Mushroom Sauce.

Porterhouse Steak, Bordelaise Sauce

Serve broiled porterhouse steak with

Bordelaise Sauce. Cook one shallot, finely chopped, with one-fourth cup claret until claret is reduced to two tablespoons, and strain. Melt two tablespoons butter, add one slice onion, two slices carrot, sprig of parsley, bit of bay leaf, eight peppercorns, and one clove, and when well browned add gradually one cup Brown Stock. Strain, let simmer eight minutes, add claret and one tablespoon butter. Season with salt and pepper. Remove marrow from a marrow-bone and cut in one-third inch slices; then poach in boiling water. Arrange on and around steak, and pour around sauce.

Beefsteak à la Henriette

½ cup butter
Yolks 3 eggs
1 tablespoon cold water
½ tablespoon lemon juice
¼ teaspoon salt
2 tablespoons tomato purée
1 tablespoon Worcestershire Sauce
½ tablespoon finely chopped parsley
Few grains cayenne

Wash butter, and divide in three pieces. Put one piece in saucepan with yolks of eggs slightly beaten and mixed with water and lemon juice. Proceed same as in making Hollandaise Sauce I (see p. 326); then add tomato, parsley, and seasonings. Pour one-half sauce on a serving dish, lay a broiled porterhouse steak on sauce, and cover steak with remaining sauce. Garnish with parsley.

Beefsteak à la Victor Hugo

Wipe a porterhouse steak, broil, and serve with

Victor Hugo Sauce. Cook one-half teaspoon finely chopped shallot in one tablespoon tarragon vinegar five minutes. Wash one-third cup butter, and divide in thirds. Add one piece butter to mixture, with yolks two eggs, one teaspoon lemon juice, and one teaspoon meat extract. Cook over hot water, stirring constantly; as soon as butter is melted, add second piece, and then third piece. When mixture thickens, add one-half tablespoon grated horseradish.

Steak à la Chiron

Spread broiled rump steak with Hollandaise Sauce I (see p. 326) to which is added a few drops onion juice and one-half tablespoon finely chopped parsley.

Beefsteak à la Mirabeau

Garnish a broiled porterhouse or cross-cut of rump steak with anchovies, and stoned olives stuffed with green butter and chopped parsley. Arrange around steak stuffed tomatoes, and fried potato balls served in shells made from noodle mixture. Pour around the following sauce: Melt two tablespoons butter, add two and one-half tablespoons browned flour, then add one cup Chicken Stock. Season with one tablespoon tomato catsup and salt and pepper.

Noodle Shells. Make noodle mixture (see p. 176), roll as thinly as possible, cut in pieces, and shape over buttered inverted scallop shells. Put in dripping pan and bake in a slow oven. As mixture bakes it curls from edges, when cases should be slipped from shells and pressed firmly in insides of shells to finish cooking and leave an impression of shells. Potato balls served in these shells make an attractive garnish for broiled fish and meats.

Beefsteak with Oyster Blanket

Wipe a sirloin steak, cut one and one-half inches thick, broil five minutes, and remove to platter. Spread with butter and sprinkle with salt and pepper. Clean one pint oysters, cover steak with same, sprinkle oysters with salt and pepper and dot over with butter. Place on grate in hot oven, and cook until oysters are plump.

Smothered Round Steak

Try out, in a hot iron frying pan, three slices fat salt pork three by four inches and add one onion, peeled and cut in thin slices. Cook, stirring constantly, until onion is brown. Wipe a two-pound slice of round steak, put in frying pan and pour over one and one-half cups cold water and add one-fourth teaspoon salt. Bring quickly to the boiling-point, cover closely, remove to back of range, and let simmer until meat is tender. Remove steak to hot platter and strain stock, of which there should be one cup. Melt one tablespoon butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, hot stock. Bring to the boiling-point, season with salt and pepper and pour over steak.

Planked Beefsteak

Wipe, remove superfluous fat, and pan-broil seven minutes a porterhouse or cross-cut of the rump steak cut one and three-fourths inches thick. Butter a plank and arrange a border of Duchess Potatoes, using three times the recipe, close to edge, using a pastry bag and rose tube. Remove steak to plank, put in a hot oven, and bake until steak is cooked and potatoes are browned. Spread steak with butter, sprinkle with salt, pepper, and finely chopped parsley. Garnish top of steak with sautéed mushroom caps, and put around steak at equal distances halves of small tomatoes sautéed in butter, and on top of each tomato a circular slice of cucumber.

Planked Rump Steak

Wipe a rump steak, cut two inches thick, and pan-broil for ten minutes, seasoning with salt after first five minutes of cooking. Pipe a border of mashed potatoes (using a pastry bag and rose tube) around edge of slightly buttered plank; put steak in centre and place in oven to brown potatoes and finish cooking meat. Spread steak with butter and garnish with Glacéd Onions, Julienne Potatoes, buttered carrot slices, Littleton Stuffed Peppers, and sauteed mushroom caps. Place plank on platter and surround with parsley.

Planked Sirloin Steak

Wipe a sirloin steak, cut two inches thick, remove flank end, and pan-broil ten minutes, seasoning with salt after first five minutes of cooking. Pipe a border of mashed potatoes around edge of slightly

buttered plank and make eight nests of mashed potatoes. Place steak on plank and put in oven to brown potatoes and finish cooking steak. Fill potato nests with canned peas, reheated and seasoned, and arrange around at equal distances piles of buttered carrot cubes and stuffed tomatoes. Spread steak with butter. Fit plank into nickel frame and send to table.

Broiled Fillets of Beef

Slices cut from the tenderloin are called sliced fillets of beef. Wipe sliced fillets, place in greased broiler, and broil four or five minutes over a clear fire or pan-broil. Serve with Maître d'Hôtel Butter or Mushroom Sauce.

Cutlets of Tenderloin with Chestnut Purée

Shape slices of tenderloin, one inch thick, in circular pieces. Broil five minutes. Spread with butter, sprinkle with salt and pepper. Arrange on platter around a mound of Chestnut Purée.

Sautéed Mignon Fillets of Beef with Sauce Figaro

Wipe and sauté small fillets in hot omelet pan. Arrange in a circle on platter with cock's-comb-shaped croûtons between, and pour sauce in the centre. Serve as a luncheon dish with Brussels Sprouts or String Beans.

Sautéed Mignon Fillets of Beef with Sauce Trianon

Wipe and sauté small fillets in hot omelet pan. Arrange in a circle around a mound of fried potato balls sprinkled with parsley. Put Sauce Trianon on each fillet.

Sautéed Fillets of Beef à la Moelle

Cut beef tenderloin in slices one inch thick, and trim into circular shapes. Season with salt and pepper, and broil six minutes in hot buttered frying pan. Remove marrow from a marrow-bone, cut in one-third inch slices, poach in boiling water, and drain. Put a slice of marrow on each fillet. To liquor in pan add one tablespoon butter, two tablespoons flour, and one cup Brown Stock. Season with salt and pepper. Pour sauce around meat.

Sautéed Fillets of Beef with Stuffed Mushroom Caps

Prepare and cook six fillets same as Sautéed Fillets of Beef à la Moelle, omitting the marrow. Put a sautéed stuffed mushroom cap on each,

sprinkle with buttered crumbs, and bake until crumbs are browned. Remove to serving dish, pour around Espagnole Sauce, and garnish caps with strips of red and green pepper cut in fancy shapes.

Stuffing for Mushroom Caps. Clean and finely chop six mushroom caps; add one tablespoon each of parsley and onion finely chopped, and one tablespoon butter. Moisten with Espagnole Sauce (see below).

Châteaubriand of Beef

Trim off fat and skin from three pounds of beef cut from centre of fillet and flatten with a broad-bladed cleaver. Sprinkle with salt, brush over with olive oil, and broil over a clear fire twenty minutes. Remove to serving dish, garnish with red pepper cut in fancy shapes and parsley. Serve with

Espagnole Sauce. To one and one-half cups rich brown sauce add two-thirds teaspoon meat extract, one tablespoon lemon juice, and one and one-half tablespoons finely chopped parsley. Just before serving add one tablespoon butter and salt and pepper to taste.

Tournadoes of Beef

Wipe a fillet of beef, cut in three-fourth inch slices and trim in circular shapes. Sauté in butter in a hot iron frying pan six minutes. Arrange on serving dish, place a Hominy and Horseradish Croquette on each and on each croquette place a section of banana, sautéed in butter. To fat remaining in frying pan add two tablespoons boiling water, one-half teaspoon beef extract, and one tablespoon butter. Pour around beef.

Iroquois Steak

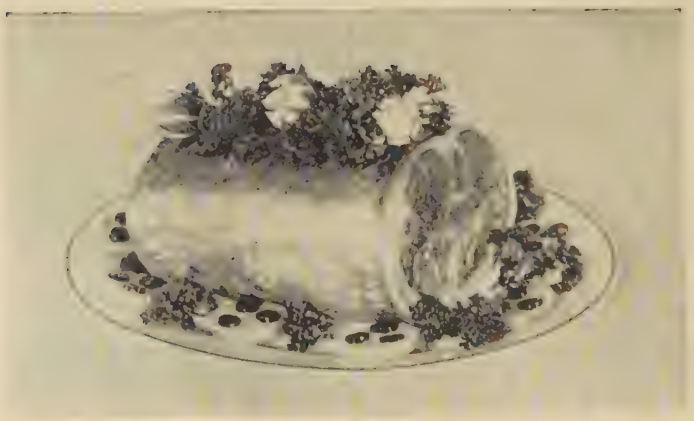
Season one and one-fourth pounds Hamburg steak with salt and pepper and form into one large elliptical-shaped cake. Put in a slightly greased hot iron frying pan, sear on one side, turn and sear on other side. Remove to copper platter and bake in a hot oven. Spread with softened butter, sprinkle with salt and pepper, and garnish with fried strips of green pepper. Fry the strips of pepper in deep fat; then strip off the outside skin that blisters during the process. Arrange glazed silver-skinned onions at each end of platter.

Broiled Meat Cakes

Chop finely lean raw beef, season with salt and pepper, shape in small flat cakes, and broil in a greased broiler or frying pan. Spread

Side of Veal with Sweetbread Attached.
Side of Lamb Showing Division into Fore and Hind Quarter. *Page 233.*

Saddle of Mutton as Purchased. — *Page 262.*



Roast Saddle of Mutton garnished with Circular Pieces of Toast, small Circular Pieces of Currant Jelly, Radishes cut to represent Fuchsias, and Parsley. — *Page 262.*

with butter, or serve with Maître d'Hôtel Butter. In forming the cakes, handle as little as possible; for if pressed too compactly, cakes will be found solid.

Hamburg Steaks

Force through a meat chopper, or finely chop, one pound lean raw beef; season highly with salt, pepper, and a few drops onion juice and add three-fourths cup milk mixing with a fork. Shape, cook, and serve as Meat Cakes. A few gratings of nutmeg and one egg slightly beaten may be added.

Swedish Meat Balls

Wipe one pound beef, cut from lower part of round, with a piece of cheesecloth wrung out of cold water. Force through a meat-chopper or chop finely; there should be two cups. Add one-half cup stale bread crumbs and one egg, slightly beaten; then season with two-thirds teaspoon salt, one-eighth teaspoon pepper, and a few grains nutmeg. Make into balls, using as little pressure as possible, one and one-half inches in diameter; cover and let stand one hour. Try out three slices fat salt pork three inches square and brown meat balls in pork fat. Melt two tablespoons butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one and three-fourths cups brown stock. Bring to the boiling-point and season with salt and pepper. Add balls to sauce, cover, and let simmer one and one-half hours. Swedish meat balls are frequently served with dumplings.

Cannelon of Beef I

2 lbs. lean beef, cut from round
Grated rind ½ lemon
1 tablespoon finely chopped parsley
1 egg
½ teaspoon onion juice
2 tablespoons melted butter
Few gratings nutmeg
1 teaspoon salt
¼ teaspoon pepper

Chop meat finely, and add remaining ingredients in order given. Shape in a roll six inches long, place on rack in dripping pan, and arrange over top slices fat salt pork, and bake thirty minutes. Baste every five minutes with one-fourth cup butter melted in one cup boiling water. Serve with Brown Mushroom Sauce I.

Cannelon of Beef II

Wipe one and one-half pounds lean beef, cut from round, and finely chop. Add one-third cup finely chopped fat salt pork and season with salt and pepper. Shape in a roll, wrap in buttered paper, place on rack in dripping pan and bake in a hot oven thirty-five minutes, basting every five minutes with butter, melted in boiling water, using three tablespoons butter and three-fourths cup water. Remove from paper to serving dish. Pour around tomato sauce and garnish with parsley.

Roast Beef

The best cuts of beef for roasting are: tip or middle of sirloin, back of rump, or first three ribs. Tip of sirloin roast is desirable for a small family. Back of rump makes a superior roast for a large family, and is more economical than sirloin. It is especially desirable where a large quantity of dish gravy is liked, for in carving the meat juices follow the knife. Rib roasts contain more fat than either of the others, and are somewhat cheaper.

To Roast Beef. Wipe, put on a rack in dripping pan, skin side down, rub over with salt, and dredge meat and pan with flour. Place in hot oven, that the surface may be quickly seared, thus preventing escape of inner juices. After flour in pan is browned, reduce heat, and baste with fat which has tried out; if meat is quite lean, it may be necessary to put trimmings of fat in pan. Baste every ten minutes; if this rule is followed, meat will be found more juicy. When meat is about half done, turn it over and dredge with flour, that skin side may be uppermost for final browning. For roasting, consult Time Table for Baking Meats, page 27.

If there is danger of flour burning in pan, add a small quantity of water; this, however, is not desirable, and seldom need be done if size of pan is adapted to size of roast. Beef to be well roasted should be started in hot oven and heat decreased, so that when carved the slices will be red throughout, with a crisp layer of golden brown fat on the top. Beef roasted when temperature is so high that surface is hardened before heat can penetrate to the centre is most unsatisfactory.

Sirloin or rib roasts may have the bones removed, and be rolled, skewered, and tied in shape. Chicago Butt is cut from the most tender part of back of rump. They are shipped from Chicago, our greatest beef centre, and if fresh and from a heavy creature, make excellent roasts at a small price.

Roast Beef Gravy. Remove some of the fat from pan, leaving four tablespoons. Place on front of range, add five tablespoons flour, and stir until well browned. The flour, dredged and browned in pan, should give additional color to gravy. Add gradually one and one-half cups boiling water, cook five minutes, season with salt and pepper, and strain. If flour should burn in pan, gravy will be full of black particles.

To Carve a Roast of Beef. Have roast placed on platter skin side up; with a pointed, thin-bladed, sharp knife cut a sirloin or rib roast in thin slices at right angles to the ribs, and cut slices from ribs. If there is tenderloin, remove it from under the bone, and cut in thin slices across grain of meat. Carve back of rump in thin slices with the grain of meat; by so doing, some of the least tender muscle will be served with that which is tender. By cutting across grain of meat, the tenderest portion is sliced by itself, as is the less tender portion.

Yorkshire Pudding

1 cup milk	2 eggs
½ cup flour	¼ teaspoon salt

Mix salt and flour, and add milk gradually to form a smooth paste; then add eggs beaten two minutes using an egg beater. Cover bottom of two hot bread pans with some of beef fat tried out from roast, pour mixture in pan one-half inch deep. Put in hot oven and bake twenty minutes decreasing the heat as the baking is accomplished. Cut in squares for serving. Bake, if preferred, in greased, hissing-hot iron gem pans.

Larded Fillet of Beef

The tenderloin of beef which lies under the loin and rump is called fillet of beef. The fillet under the loin is known as the long fillet, and when removed no porterhouse steaks can be cut; therefore it commands a higher price than the short fillet lying under rump. Two short fillets are often skewered together, and served in place of a long fillet.

Wipe, remove fat, veins, and any tendonous portions; skewer in shape, and lard upper side with grain of meat, following directions for larding on page 20. Place on a rack in small pan, sprinkle with salt and pepper, dredge with flour, and put in bottom on pan small pieces of pork. Bake twenty to thirty minutes in hot oven, basting three

times. Take out skewer, remove meat to hot platter, and garnish with watercress. Serve with Mushroom, Figaro, or Horseradish Sauce I.

Fillet of Beef with Vegetables

Wipe a three-pound fillet, trim, and remove fat. Put one-half pound butter in hot frying pan and when melted add fillet, and turn frequently until the entire surface is seared and well browned; then turn occasionally until done, the time required being about thirty minutes. Remove to serving dish and garnish with one cup each cooked peas and carrots cut in fancy shapes, both well seasoned, one-half cup raisins seeded and cooked in boiling water until soft, and the caps from one-half pound fresh mushrooms sautéed in butter five minutes. Serve with

Brown Mushroom Sauce. Pour off one-fourth cup fat from frying pan, add five tablespoons flour, and stir until well browned; then add one cup Brown Soup Stock, one-third cup mushroom liquor, and the caps from one-half pound mushrooms cut in slices and sautéed in butter three minutes. Season with salt and pepper, and just before serving add gradually, while stirring constantly, the butter remaining in frying pan.

To obtain mushroom liquor, scrape stems of mushrooms, break in pieces, cover with cold water, and cook slowly until liquid is reduced to one-third cup.

Braised Beef

3 lbs. beef from lower part of round or face of rump	Carrot, Turnip, Onion, Celery	¼ cup each, cut in dice
2 thin slices fat salt pork		
½ teaspoon peppercorns	Salt and pepper	

Try out pork and remove scraps. Wipe meat, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. When turning meat, avoid piercing with fork or skewer, which allows the inner juices to escape. Place on trivet in deep granite pan or in earthen pudding dish, and surround with vegetables, peppercorns, and three cups boiling water; cover closely, and bake four hours in very slow oven, basting every half-hour, and turning after second hour. Throughout the cooking, the liquid should be kept below the boiling-point. Serve with Horseradish Sauce, or with sauce made from liquor in pan.

Beef à la Mode

Insert twelve large lardoons in a four-pound piece of beef cut from the round. Make incisions for lardoons by running through the meat a large skewer. Season with salt and pepper, dredge with flour, and brown the entire surface in pork fat. Put on a trivet in kettle, surround with one-third cup each carrot, turnip, celery, and onion cut in dice, sprig of parsley, bit of bay leaf, and water to half cover meat. Cover closely, and cook slowly four hours, keeping liquor below the boiling-point. Remove to hot platter. Strain liquor, thicken and season to serve as a gravy. When beef is similarly prepared (with exception of lardoons and vegetables), and cooked in smaller amount of water, it is called Smothered Beef, or Pot Roast. A bean-pot (covered with a piece of buttered paper, tied firmly down) is the best utensil to use for a Pot Roast.

Pressed Beef Flank

Wipe, remove superfluous fat, and roll a flank of beef. Put in a kettle, cover with boiling water, and add one tablespoon salt, one-half teaspoon peppercorns, a bit of bay leaf, and a bone or two which may be at hand. Cook slowly until meat is in shreds; there should be but little liquor in kettle when meat is done. Arrange meat in a deep pan, pour over liquor, cover, and press with a heavy weight. Serve cold, thinly sliced.

Hungarian Goulash

Wipe two pounds beef cut from lower parts of round with a piece of cheesecloth, wrung out of cold water, and cut in one and one-half inch cubes. Put in saucepan, add one quart boiling water, to which has been added two cloves of garlic and let boil five minutes. Cover and let simmer until meat is tender.

Pare potatoes and cut in three-quarter inch slices, then cut slices in cubes; there should be one and one-half cups. Cover with boiling salted water and let boil five minutes; drain and add to meat fifteen minutes before serving-time to finish the cooking. Peel twenty-four tiny onions and cook in boiling salted water to cover; drain and add to goulash. Cream three tablespoons butter, add three tablespoons flour and work until smooth; then add by small pieces to stock in stewpan (of which there should be two cups), stirring constantly. Season with salt and pepper and turn on a hot platter.

Pot Roast

Wipe one and one-half pounds lean beef, cut from fore-quarter, with a piece of cheesecloth, wrung out of cold water, and cut in one and one-half inch pieces. Put in an earthen dish (a bean-pot will answer the purpose) or casserole dish, and add one onion, peeled and sliced, eight slices of carrot cut one-fourth inch thick, two sprigs parsley, one and one-half teaspoons salt, and a half teaspoon peppercorns. Add meat and two cups, each, hot water and canned tomatoes. Cover and bake in a slow oven three and one-half hours. Half an hour before serving-time thicken with three tablespoons butter, worked until creamy and mixed with three tablespoons flour, and add one cup canned peas, which have been thoroughly rinsed with cold water and allowed to become reoxygenated. Remove onion, carrot, parsley, and peppercorns and turn on a hot serving dish.

Pot Roast, American Style

Buy four pounds beef, cut from top of shin or from a rib roll. Wipe with a piece of cheesecloth, wrung out of cold water, rub over with salt and sprinkle with pepper. Roll in flour and sear the entire surface in hot fat salt pork. Place in a casserole dish or porcelain-lined kettle. Add one-half cup hot water, cover and cook four hours, adding more water as needed, and turning three times during the cooking. If done in a casserole dish, bake in the oven; if in either of the other vessels mentioned, cook on top of range.

Wash and scrape two carrots, cut in one-eighth-inch slices, cook in boiling salted water until soft; drain and season with butter, salt, and pepper. Wash, pare, and soak eight small potatoes of uniform size and cut in eighths, lengthwise. Cook in boiling salted water to cover; drain, sprinkle with salt, and pour over one-fourth cup clarified butter. Remove meat to a hot serving dish, surround with carrot and potatoes, and garnish with parsley. If cauliflower is at hand, it makes a most agreeable addition to this dish.

Canadian Meat Pie

1½ lbs. top of round steak
3 lambs' kidneys
1½ sliced onions
2½ tablespoons butter
1½ cups boiling water
1¼ tablespoons Worcestershire Sauce
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper

Wipe steak, remove fat, and cut lean meat in three-fourths-inch cubes. Soak, pare, trim, and cut kidneys in one-fourth-inch cubes. Try out fat removed from steak; add onion and stir constantly until well browned. Add one tablespoon butter, beef, and kidneys and stir constantly until entire surface of meat is well seared and browned; then remove to stewpan. To fat remaining in pan, add boiling water and strain; then add Worcestershire Sauce, salt, and pepper. Pour over meat, cover tightly, and let cook on back of range, or over gas flame (over which is placed an asbestos cover), until meat is tender. Strain off liquid remaining in pan and thicken with remaining butter and flour mixed together. When meat is cold, turn into an elliptical-shaped granite-ware baking dish (having a half-inch rim) in the centre of which is placed an earthen cup, and pour over one-half the sauce, reserving the remainder to pass separately, when the pie is served. Place on rim of pan a three-fourths-inch strip of paste, brush over with cold water and put on a cover from the centre of which a circular piece has been cut. Garnish with a braid of paste and four diamond-shaped pieces. Around edge make a row of parallel creases, one-half inch apart, using the back of a knife. Between each two creases snip paste three times, using scissors. Bake in a hot oven.

Beef Stew with Dumplings

Aitchbone, weighing 5 lbs.
4 cups potatoes, cut in ¼ inch slices
Turnip, Carrot } ⅔ cup each, cut in half-inch cubes
½ small onion, cut in thin slices
¼ cup flour
Salt
Pepper

Wipe meat, remove from bone, cut in one and one-half inch cubes, sprinkle with salt and pepper, and dredge with flour. Cut some of the fat in small pieces and try out in frying pan. Add meat and stir constantly, that the surface may be quickly seared; when well browned, put in kettle, and rinse frying pan with boiling water, that none of the goodness may be lost. Add to meat remaining fat, and bones sawed in pieces; cover with boiling water and boil five minutes, then cook at a lower temperature until meat is tender (time required being about three hours). Add carrot, turnip, and onion, with salt and pepper the last hour of cooking. Parboil potatoes five minutes, and add to stew fifteen minutes before taking from fire. Remove bones, large pieces of fat, and then skim. Thicken with one-fourth

cup flour, diluted with enough cold water to pour easily. Pour in deep hot platter, and surround with dumplings. Remnants of roast beef are usually made into a beef stew; the meat having been once cooked, there is no necessity of browning it. If gravy is left, it should be added to the stew.

Dumplings

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 teaspoons butter
¾ cup milk

Mix and sift dry ingredients. Work in butter with tips of fingers, and add milk gradually, using a knife for mixing. Toss on a floured board, pat, and roll out to one-half inch in thickness. Shape with biscuit-cutter, first dipped in flour. Place closely together in a buttered steamer, put over kettle of boiling water, cover closely, and steam twelve minutes. A perforated tin pie-plate may be used in place of steamer. A little more milk may be used in the mixture, when it may be taken up by spoonfuls, dropped and cooked on top of stew. In this case some of the liquid must be removed, that dumplings may rest on meat and potato, and not settle into liquid.

Corned Beef

Corned beef is used to give variety to our diet, when fresh meats prove too stimulating. The best pieces of corned beef are the rattle rand and fancy brisket. The fancy brisket commands a higher price and may be easily told from the rattle rand by the selvage on lower side and the absence of bones. The upper end of brisket (butt end) is thick and composed mostly of lean meat, the middle cut has more fat but is not well mixed, while the lower (navel end) has a large quantity of fat. The rattle rand contains a thick lean end; the second cut contains three distinct layers of meat and fat, and is considered the best cut by those who prefer meat well streaked with fat. The rattle rand has a thin end, which contains but one layer of lean meat and much fat, consequently is not a desirable piece.

To Boil Corned Beef. Wipe the meat and tie securely in shape, if this has not been already done at market. Put in kettle, cover with cold water, and bring slowly to boiling-point. Boil five minutes, remove scum, and cook at a lower temperature until tender. Cool slightly in water in which it was cooked, remove to a dish, cover, and

place on cover a weight, that meat may be well pressed. The lean meat and fat may be separated and put in alternate layers in a bread pan, then covered, and pressed.

Boiled Dinner

A boiled dinner consists of warm unpressed corned beef, served with cabbage, beets, turnips, carrots, and potatoes. After removing meat from water, skim off fat and cook vegetables (with exception of beets, which require a long time for cooking) in this water. Carrots require a longer time for cooking than cabbage or turnips. Carrots and turnips, if small, may be cooked whole; if large, cut in pieces. Cabbage and beets are served in separate dishes, other vegetables on same dish with meat.

Boiled Tongue

A boiled corned tongue is cooked the same as Boiled Corned Beef. If very salt, it should be soaked in cold water several hours, or over night, before cooking. Take from water when slightly cooled and remove skin.

Braised Tongue

A fresh tongue is necessary for braising. Put tongue in kettle, cover with boiling water, and cook slowly two hours. Take tongue from water and remove skin and roots. Place in deep pan and surround with one-third cup each carrot, onion, and celery, cut in dice, and one sprig parsley; then pour over four cups sauce. Cover closely, and bake two hours, turning after the first hour. Serve on platter and strain around the sauce.

Sauce for Tongue. Brown one-fourth cup butter, add one-fourth cup flour, and stir together until well browned. Add gradually four cups of water in which tongue was cooked. Season with salt and pepper and add one teaspoon Worcestershire Sauce. One and one-half cups stewed and strained tomatoes may be used in place of some of the water.

Broiled Liver

Cover with boiling water slices of liver cut one-half inch thick, let stand five minutes to draw out the blood; drain, wipe, and remove the thin outside skin and veins. Sprinkle with salt and pepper, place in a greased wire broiler, and broil five minutes, turning often. Remove to a hot platter, spread with butter, and sprinkle with salt and pepper.

Liver and Bacon

Prepare as for Broiled Liver, cut in pieces for serving, sprinkle with salt and pepper, dredge with flour, and fry in bacon fat. Serve with bacon.

Bacon I

Place strips of thinly-cut bacon on board, and with a broad-bladed knife make strips as thin as possible. Put in hot frying pan and cook until bacon is crisp and brown, occasionally pouring off fat from pan, turning frequently. Drain on brown paper.

Bacon II

Place thin slices of bacon (from which the rind has been removed) closely together in a fine wire broiler; place broiler over dripping pan and bake in a hot oven until bacon is crisp and brown, turning once. Drain on brown paper. Fat which has dripped into the pan should be poured out and used for frying liver, eggs, potatoes, etc.

Braised Liver

Skewer, tie in shape, and lard upper side of calf's liver. Place in deep pan, with trimmings from lardoons; surround with one-fourth cup each, carrot, onion, and celery, cut in dice; one-fourth teaspoon peppercorns, two cloves, bit of bay leaf, and two cups Brown Stock or water. Cover closely and bake slowly two hours, uncovering the last twenty minutes. Remove from pan, strain liquor, and use liquor for the making of a brown sauce with one and one-half tablespoons butter and two tablespoons flour. Pour sauce around liver for serving.

Calf's Liver, Stuffed and Larded

Make a deep cut nearly the entire length of liver, beginning at thick end, thus making a pouch for stuffing. Fill pouch. Skewer liver and lard upper side. Put liver in baking pan, pour around two cups Brown Sauce, made of one tablespoon each butter and flour, and two cups Brown Stock, salt, and pepper. Bake one and one-fourth hours, basting every twelve minutes with sauce in pan. Remove to serving dish, strain sauce around liver, and garnish with Glazed or French Fried Onions.

Stuffing. Mix one-half pound chopped cooked cold ham, one-half cup stale bread crumbs, one-half small onion finely chopped, and one

tablespoon finely chopped parsley. Moisten with Brown Sauce; then add one beaten egg, and season with salt and pepper.

Fricandeau of Liver

¾ cup chopped, cold, cooked liver
3 tablespoons butter
1 tablespoon onion, finely chopped
2 tablespoons flour
¾ cup cream
½ teaspoon salt
⅛ teaspoon paprika
Six slices buttered toast

Cook butter with onion three minutes, stirring constantly. Add flour and stir until well blended; then pour on cream, gradually, while stirring constantly. Bring to the boiling-point, and add salt, paprika, and liver. Pour over toast (from which crust has been removed). Garnish with toast points and parsley.

Calf's Liver à la Madame Beque

Wipe liver and cut in one-inch cubes. Sprinkle with salt and pepper and cover with thin slices onion and three sprigs parsley. Let stand two hours, fry in deep fat one minute, and drain on brown paper. Remove to hot serving dish and garnish with slices of lemon and sprigs of parsley.

Broiled Tripe

Fresh honeycomb tripe is best for broiling. Wipe tripe as dry as possible, dip in fine cracker dust, and olive oil or melted butter, draining off all fat that is possible, and again dip in cracker dust. Place in a greased broiler and broil five minutes, cooking smooth side of tripe the first three minutes. Place on a hot platter, honeycomb side up, spread with butter, and sprinkle with salt and pepper. Broiled tripe is at its best when cooked over a charcoal fire.

Tripe in Batter

Wipe tripe and cut in pieces for serving. Sprinkle with salt and pepper, dip in batter, fry in a small quantity of hot fat, and drain.

Tripe Batter. Mix one cup flour with one-fourth teaspoon salt; add gradually one-half cup cold water, and when perfectly smooth add one egg well beaten, one-half tablespoon vinegar, and one teaspoon olive oil or melted butter.

Tripe Fried in Batter

Cut pickled honeycomb tripe in pieces for serving; wash, cover with boiling water, and simmer gently twenty minutes. Drain, and again

cover, using equal parts cold water and milk. Heat to boiling-point, again drain, wipe as dry as possible, sprinkle with salt and pepper, brush over with melted butter, dip in batter, fry in deep fat, and drain on brown paper. Serve with slices of lemon and Chili Sauce.

Batter. Mix and sift one cup flour, one and one-half teaspoons baking powder, one-fourth teaspoon salt, and a few grains pepper. Add one-third cup milk and one egg well beaten.

Lyonnaise Tripe

Cut honeycomb tripe in pieces two inches long by one-half inch wide, having three cupfuls. Put in a pan and place in oven that water may be drawn out. Cook one tablespoon finely chopped onion in two tablespoons butter until slightly browned, add tripe drained from water, and cook five minutes. Sprinkle with salt and pepper, and finely chopped parsley.

Tripe à la Creole

Cut, bake, and drain tripe as for Lyonnaise Tripe. Cook same quantity of butter and onion, add one-eighth green pepper finely chopped, one tablespoon flour, one-half cup stock, one-fourth cup drained tomatoes, and one fresh mushroom cut in slices; then add tripe and cook five minutes. Season with salt and pepper.

Tripe à la Provençale

Add to Lyonnaise Tripe one tablespoon white wine. Cook until quite dry, add one-third cup Tomato Sauce, cook two minutes, season with salt and pepper, and serve.

Calf's Head à la Terrapin

Wash and clean a calf's head, and cook until tender in boiling water to cover. Cool, and cut meat from cheek in small cubes. To two cups meat dice add one cup sauce made of two tablespoons butter, two tablespoons flour, and one cup White Stock, seasoned with one-half teaspoon salt, one-eighth teaspoon pepper, and a few grains cayenne. Add one-half cup cream and yolks of two eggs slightly beaten and cook two minutes.

Calves' Tongues

Cook tongues until tender in boiling water to cover, with six slices carrot, two stalks celery, one onion stuck with six cloves, one-half teaspoon peppercorns, and one-half tablespoon salt; take from water

and remove skin and roots. Split and pour over equal parts brown stock and tomatoes boiled until thick.

Calves' Tongues, Sauce Piquante

Cook four tongues, until tender, in boiling water, to cover, with six slices carrot, two stalks celery, one onion stuck with eight cloves, one teaspoon peppercorns, and one-half tablespoon salt. Take tongues from water, and remove skin and roots. Cut in halves lengthwise and reheat in

Sauce Piquante. Brown one-fourth cup butter, add six tablespoons flour, and stir until well browned; then add two cups brown stock and cook three minutes. Season with two-thirds teaspoon salt, one-half teaspoon paprika, few grains of cayenne, one tablespoon vinegar, one-half tablespoon capers, and one cucumber pickle thinly sliced. Serve garnished with cucumber pickles, and cold cooked beets cut in fancy shapes.

Calf's Heart

Wash a calf's heart, remove veins, arteries, and clotted blood. Stuff (using half quantity of Fish Stuffing I, page 192, seasoned highly with sage) and sew. Sprinkle with salt and pepper, roll in flour, and brown in hot fat. Place in small, deep baking pan, half cover it with boiling water, cover closely, and bake slowly two hours, basting every fifteen minutes. It may be necessary to add more water. Remove heart from pan, and thicken the liquor with flour diluted with a small quantity of cold water. Season with salt and pepper, and pour around the heart before serving.

Stuffed Hearts with Vegetables

Clean and wash calves' hearts, stuff, skewer into shape, lard, season with salt and pepper, dredge with flour, and sauté in pork fat, adding to fat one stalk celery, one tablespoon chopped onion, two sprigs parsley, four slices carrot cut in pieces, half the quantity of turnip, a bit of bay leaf, two cloves, and one-fourth teaspoon peppercorns. Turn hearts occasionally until well browned, then add one and one-half cups brown stock, cover, and cook slowly one and one-half hours. Serve with cooked carrots and turnips cut in strips or fancy shapes.

Braised Ox Joints

Cut ox tail at joints, parboil five minutes, wash thoroughly, dredge with flour, and sauté in butter (to which has been added a sliced

onion) until well browned. Add one-fourth cup flour, two cups each brown stock, water, and canned tomatoes, one teaspoon salt, and one-fourth teaspoon pepper. Turn into an earthen pudding dish, cover, and cook slowly three and one-half hours. Remove ox tail, strain sauce, and return ox tail and sauce to oven to finish cooking. Add two-thirds cup each carrot and turnip (shaped with a vegetable cutter in pieces one-inch long, and about as large around as macaroni) parboiled in boiled salted water five minutes. As soon as vegetables are soft, add more salt and pepper, if needed.

Calf's Brains à la York

Wash brains and cook thirty minutes in boiling, salted, acidulated water, to which has been added one slice, each, onion and carrot, sprig of parsley, bit of bay leaf, and stalk of celery, broken in pieces. Remove from stock, drain, and place under a weight; when cold cut in small cubes, pour over one-half cup Sherry wine, cover, and let stand one hour. Brush and peel one-fourth pound mushroom caps, cut in slices, and sauté in butter. Melt three tablespoons butter, add three tablespoons flour, and stir until well blended. Then pour on gradually, while stirring constantly, one cup thin cream and one-half cup heavy cream. Bring to the boiling-point, add brains and mushroom caps, and season with one teaspoon salt, one-fourth teaspoon paprika, and a few grains cayenne.

WAYS OF WARMING OVER BEEF

Roast Beef with Gravy

Cut cold roast beef in thin slices, place on a warm platter, and pour over some of the gravy reheated to the boiling-point. If meat is allowed to stand in gravy on the range, it becomes hard and tough.

Roast Beef, Mexican Sauce

Reheat cold roast beef cut in thin slices, in

Mexican Sauce. Cook one onion, finely chopped, in two tablespoons butter five minutes. Add one red pepper, one green pepper, and one clove of garlic, each finely chopped, and two tomatoes peeled and cut in pieces. Cook fifteen minutes, add one teaspoon Worcestershire Sauce, one-fourth teaspoon celery salt, and salt to taste.

Cottage Pie

Cover bottom of a small greased baking dish with hot mashed potato, add a thick layer of roast beef, chopped or cut in small pieces (seasoned with salt, pepper, and a few drops onion juice) and moistened with some of the gravy; cover with a thin layer of mashed potato and bake in a hot oven long enough to heat through.

Beefsteak Pie

Cut remnants of cold broiled steak or roast beef in one-inch cubes. Cover with boiling water, add one-half onion, and cook slowly one hour. Remove onion, thicken gravy with flour diluted with cold water, and season with salt and pepper. Add potatoes cut in one-fourth-inch slices, which have been parboiled eight minutes in boiling salted water. Put in a buttered pudding dish, cool, cover with baking-powder biscuit mixture or pie crust. Bake in a hot oven. If covered with pie crust, make several incisions in crust that gases may escape.

Cecils with Tomato Sauce

1 cup cold roast beef or rare steak finely chopped
Salt
Pepper
Onion juice
Worcestershire Sauce
2 tablespoons bread crumbs
1 tablespoon melted butter
Yolk 1 egg slightly beaten

Season beef with salt, pepper, onion juice, and Worcestershire Sauce; add remaining ingredients, shape after the form of small croquettes, pointed at ends. Roll in flour, egg, and crumbs, fry in deep fat, drain and serve with Tomato Sauce.

Casserole of Beef

Cut cold roast beef and cold broiled steak, alone or in combination, in one-inch cubes; there should be one quart. Put in a casserole dish and add two cups brown sauce or beef gravy, one-half cup celery cut in small pieces, one-half cup carrot cut in small cubes, one onion thinly sliced, one cup canned tomatoes, one teaspoon Worcestershire Sauce, one-half teaspoon salt, and one-eighth teaspoon pepper. Cover and bake one hour; then add one cup peas, beans, or mushrooms, canned or fresh, and one cup potato balls or cubes, which have been cooked in boiling salted water ten minutes. Again cover and cook thirty minutes, or until potatoes are soft. Serve from casserole.

Cold Roast Beef à la Shapleigh

Cut cold roast beef in thin slices and arrange slices overlapping one another, lengthwise of platter. Mix six tablespoons olive oil, two tablespoons Tarragon vinegar, one teaspoon salt, one-fourth teaspoon pepper, one-half teaspoon, each, paprika, and dry mustard, and one tablespoon, each, finely chopped shallot, parsley, and red pepper. Pour dressing over meat and garnish with crisp lettuce leaves, stoned olives, and curled celery.

Corned Beef Hash

Remove skin and gristle from cooked corned beef, then chop the meat. When meat is very fat, discard most of the fat. To two cups chopped meat add an equal quantity of cold boiled chopped potatoes. Season with salt and pepper, moisten with milk or cream, put into a hot buttered frying pan, stir until well mixed, spread evenly, then place on a part of the range or on asbestos mat over gas flame where it may slowly brown underneath; the time required being from forty to forty-five minutes. Turn, and fold on a hot platter. Garnish with sprig of parsley in the middle. Chopped parsley, chopped green or red pepper, or pimientos cut in small pieces may be added to hash-mixture.

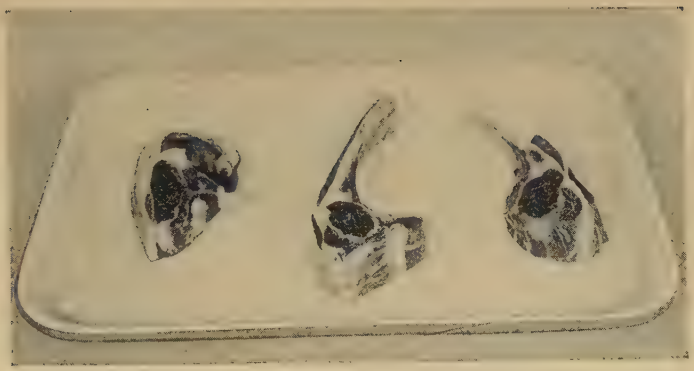
Corned Beef Hash with Beets

When preparing Corned Beef Hash, add one-half as much finely chopped cooked beets as potatoes. Cold roast beef or one-half roast beef and one-half corned beef may be used.

Corned Beef Tomato Toast à la Bradley

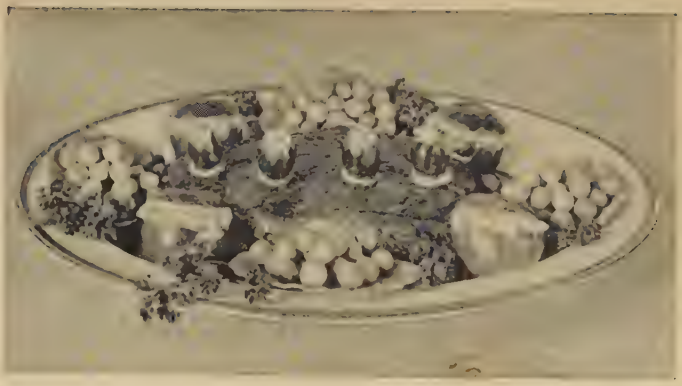
3½ tablespoons butter
3 tablespoons flour
1½ cups stewed and strained tomatoes
¼ teaspoon soda
½ cup milk
½ teaspoon salt
8 slices dry toast
⅓ cup chopped remnants cooked corned beef
2 tablespoons grated cheese

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, tomatoes, to which soda has been added. Bring to the boiling-point and add milk and salt and again bring to the boiling-point. Dip toast (from which crusts have been removed) separately in sauce, and when soft remove to serving dish. To remaining sauce add chopped corned beef and pour over all. Sprinkle with cheese and garnish with toast points and parsley.



KIDNEY LAMB CHOP; RIB CHOP; FRENCH CHOP. — *Page 256.*

CROWN OF LAMB, PREPARED FOR ROASTING. — *Page 263.*



Beefsteak à la Mirabeau. — *Page 235.*

English Meat Pie. — *Page 272.*

Dried Beef with Cream

¼ lb. smoked dried beef, thinly sliced
1 cup scalded cream
1½ tablespoons flour

Remove skin and separate meat in pieces, cover with hot water, let stand ten minutes, and drain. Dilute flour with enough cold water to pour easily, making a smooth paste; add to cream, and cook in double boiler ten minutes. Add beef, and repeat. One cup White Sauce I may be used in place of cream, omitting the salt.

Breaded Tongue with Tomato Sauce

Cut cold boiled corned tongue in slices one-third inch thick. Sprinkle with salt and pepper, dip in egg and crumbs, and sauté in butter. Serve with Tomato Sauce I.

CHAPTER XIII

LAMB AND MUTTON

LAMB is the name given to the meat of lambs; mutton, to the meat of sheep. Lamb, coming as it does from the young creature, is immature, and less nutritious than mutton. The flesh of mutton ranks with the flesh of beef in nutritive value and digestibility. The fat of mutton, on account of its larger percentage of stearic acid, is more difficult of digestion than the fat of beef.

Lamb may be eaten soon after the animal is killed and dressed; mutton must hang to ripen. Good mutton comes from sheep about three years old, and should hang from two to three weeks. The English South Down Mutton is cut from creatures even older than three years. Young lamb, when killed from six weeks to three months old, is called spring lamb, and appears in the market as early as the last of January, but is very scarce until March. Lamb one year old is called a yearling. Many object to the strong flavor of mutton; this is greatly overcome by removing the pink skin and trimming off superfluous fat.

Lamb and mutton are divided into two parts by cutting through entire length of backbone; then subdivided into fore- and hind-quarter, eight ribs being left on hind-quarter, — while in beef but three ribs are left on hind-quarter. These eight ribs are cut into chops and are known as *rib chops*. The meat which lies between these ribs and the leg, cut into chops, is known as *loin* or *kidney chops*.

Lamb and mutton chops cut from loin have a small piece of tenderloin on one side of bone, and correspond to porterhouse steaks in the beef creature. Rib chops which have the bone cut short and scraped clean, nearly to the lean meat, are called *French chops*.

The leg is sold whole for boiling or roasting. The fore-quarter may be boned, stuffed, rolled, and roasted, but is more often used for broth, stew, or fricassee.

For *a saddle of mutton* the loin is removed whole before splitting the creature. Some of the bones are removed and the flank ends are

rolled, fastened with wooden skewers, and securely tied to keep skewers in place.

Good quality mutton should be fine-grained and of bright pink color; the fat white, hard, and flaky. If the outside skin comes off easily, mutton is sure to be good. Lamb chops may be easily distinguished from mutton chops by the red color of bone. As lamb grows older, blood recedes from bones; therefore in mutton the bone is white. In *leg of lamb* the bone at joint is serrated, while in leg of mutton the bone at joint is smooth and rounded. Good mutton contains a larger proportion of fat than good beef. Poor mutton is often told by the relatively small proportion of fat and lean as compared to bone.

Lamb is usually preferred well done; mutton is often cooked rare.

Broiled Lamb or Mutton Chops

Wipe chops, remove superfluous fat, and place in a broiler greased with some of mutton fat. In loin chops, flank may be rolled and fastened with a small wooden skewer. Follow directions for Broiling Beefsteak on page 233.

Pan-broiled Chops

Chops for pan-broiling should have flank and most of fat removed. Wipe chops and put in hissing-hot frying pan rubbed with a piece of fat cut from chops. Sear under surface, turn, and sear other side. Turn often, using knife and fork that the surface may not be pierced, as would be liable if fork alone were used. Cook eight minutes if liked rare, ten to twelve minutes if liked well done. Let stand around edge of frying pan to brown the outside fat. When half cooked, sprinkle with salt. Put on hot platter, and spread with butter or serve with Tomato or Soubise Sauce.

Breaded Mutton Chops

Wipe and trim chops, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat from five to eight minutes, and drain. Serve with Tomato Sauce, or stack around a mound of mashed potatoes, fried potato balls, or green peas. Never fry but four at a time, and allow fat to reheat between fryings. After testing fat for temperature, put in chops and place kettle on back of range, that surface of chops may not be too brown while the inside is still underdone.

Chops à la Signora

Gash French Chops on outer edge, extending cut half-way through lean meat. Insert in each gash a slice of truffle, sprinkle with salt and pepper, wrap in calf's caul. Roll in flour, dip in egg, then in stale bread crumbs, and sauté in butter eight minutes, turning often. Place in oven four minutes to finish cooking. Arrange on hot platter for serving, and place on top of each a fresh broiled mushroom or mushroom baked in cream. To fat in pan add a small quantity of boiling water and pour around chops. This is a delicious way of cooking chops for a dinner party.

Lamb Chops à la Marseilles

Pan-broil, on one side, six French chops, cover cooked side with Mushroom Sauce, place in a buttered baking dish, and bake in a hot oven eight minutes. Remove to serving dish, place a paper frill on each chop, and garnish with parsley.

Mushroom Sauce. Brown one and one-half tablespoons butter, add three tablespoons flour, and stir until well browned; then add one-half cup highly seasoned Brown Stock. Add one-fourth cup chopped canned mushrooms, and season with salt and pepper.

Chops à la Castillane

Broil six lamb chops, arrange on slices of fried egg-plant, and pour around the following sauce: Brown three tablespoons butter, add three and one-half tablespoons flour, and stir until well browned; then add, gradually, one cup rich Brown Stock. Cook three tablespoons lean raw ham cut in small cubes in one tablespoon butter two minutes, and add to sauce with two tablespoons finely shredded green pepper. Season with salt and pepper.

Chops en Papillote

Finely chop the whites of three hard-boiled eggs and force yolks through potato ricer, mix, and add to three common crackers, rolled and sifted; then add three tablespoons melted butter, salt, pepper, and onion juice, to taste. Add enough cream to make of right consistency to spread. Cover chops thinly with mixture and wrap in buttered paper cases. Bake twenty-five minutes in hot oven. Remove from cases, place on hot platter, and garnish with parsley.

Mutton Cutlets à la Maintenon

Wipe six French chops, cut one and one-half inches thick. Split meat in halves, cutting to bone. Cook two and one-half tablespoons butter and one tablespoon onion five minutes; remove onion, add one-half cup chopped mushrooms, and cook five minutes; then add two tablespoons flour, three tablespoons stock, one teaspoon finely chopped parsley, one-fourth teaspoon salt, and a few grains cayenne. Spread mixture between layers of chops, press together lightly, wrap in buttered paper cases, and broil ten minutes. Serve with Spanish Sauce.

Lamb Chops, Reforme

Wipe six French chops and sprinkle with one-half teaspoon salt and one-fourth teaspoon pepper. Roll in flour, egg (slightly beaten and diluted with one and one-half tablespoons water) and five tablespoons finely chopped raw ham. Sauté in a hot iron frying pan, arrange on a hot platter and pour around the following sauce: Cut in thin strips two gherkins, one small truffle, six mushroom caps, and white one hard-boiled egg and add three-fourths cup brown stock. Bring to the boiling-point and let simmer five minutes. Season to taste with salt.

Spanish Lamb Chops, Truffle Sauce

Wipe six French chops, cut one and one-half inches thick, split meat in halves, cutting to bone, and stuff with the following mixture: Mix six tablespoons soft bread crumbs, three tablespoons chopped mushroom caps, two tablespoons melted butter, and salt and cayenne to taste. Dip chops in crumbs, egg, and crumbs, fry in deep fat two minutes and cook in oven fifteen minutes. Serve with Truffle Sauce or White Sauce to which sautéed sliced mushrooms are added.

Kernels of Lamb, Currant Mint Sauce

Wipe eight lamb chops, remove eye of meat and sauté in a hot iron frying pan or blazer from six to eight minutes, sprinkling with salt the last two minutes of the cooking. Remove to hot dish and serve with Currant Mint Sauce.

Tournadoes of Lamb

Order six kidney lamb chops cut two inches thick. Remove fat and bone and skewer lean meat into six circular pieces. Coil around each a thinly-cut strip of bacon, having bacon overlap one inch, and fasten

with wooden skewers. Sprinkle with salt and pepper, and pan-broil. Remove to hot platter and garnish with Savory Potatoes and parsley. Mint jelly is a delicious accompaniment to this dish.

Lamb Chops à la Rector

Force a border of Duchess Potato mixture around edge of plank, using a pastry bag and tube. In centre place two thin pieces of broiled ham and on ham place two thick broiled chops, the bone ends of which are garnished with paper frills. At ends of plank place canned artichoke bottoms, drained, heated, and seasoned with melted butter, salt and pepper. Fill artichoke bottoms with Rector Potatoes. Place sautéed mushroom caps between chops. Garnish with sprigs of parsley.

Boiled Leg of Mutton

Wipe meat, place in a kettle, and cover with boiling water. Bring quickly to boiling-point, boil five minutes, and skim. Set on back of range and simmer until meat is tender. When half done, add one tablespoon salt. Serve with Caper Sauce, or add to two cups White Sauce (made of one-half milk and one-half Mutton Stock), two hard-boiled eggs cut in slices.

Braised Leg of Mutton

Order a leg of mutton boned. Wipe, stuff, sew, and place in deep pan. Cook five minutes in one-fourth cup butter, a slice each of onion, carrot, and turnip cut in dice, one-half bay leaf, and a sprig each of thyme and parsley. Add three cups hot water, one and one-half teaspoons salt, and twelve peppercorns; pour over mutton. Cover closely, and cook slowly three hours, uncovering for the last half-hour. Remove from pan to hot platter. Brown three tablespoons butter, add four tablespoons flour, and stir until well browned; then pour on slowly the strained liquor; there should be one and three-fourths cups.

Stuffing

1 cup cracker crumbs
¼ cup melted butter
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon Poultry Seasoning
¼ cup boiling water

Mutton Duck

Remove the bones from a fore-quarter of lamb, excepting the leg bone, from the inside end of which a piece should be sawed, so as to make a

shape more like a duck. From outside end saw off pieces, that bone may be left to better represent bill. Scrape removed blade bone, trim, point end, and insert to represent tail. Stuff, sew, skewer, cover parts representing head and tail with buttered paper and tie into shape. Place on rack in dripping pan, sprinkle with salt and pepper, dredge meat and bottom of pan with flour, and arrange three gashed thin slices of fat pork on meat and one slice cut in pieces in bottom of pan. Roast in a hot oven two hours, basting every fifteen minutes, with one-third cup butter melted in two-thirds cup boiling water, and after that is gone, with fat in pan. Remove string, paper, and skewers, place on serving dish and garnish with fried potatoes and Baked Egg Plant in Pimiento Cases.

Serve with a brown gravy made from fat in pan.

A fore-quarter of lamb may be ordered dressed for a mutton duck at any first-class city market, when it will be necessary to remove stitches if one cares to use stuffing. It may be roasted without stuffing.

Sautéed Fillets of Lamb

Order two pounds lamb cut from fore-quarter. Remove bones and cut meat in strips one inch in thickness; then flatten with a cleaver to three-fourths inch in thickness. Arrange on a platter and pour over a marinade, made by mixing three tablespoons olive oil, three tablespoons vinegar, two-thirds teaspoon salt, one-half onion finely chopped, and one tablespoon parsley finely chopped. Cover and let stand over night or for several hours. Remove pieces of vegetables from fillets and sauté in a hot frying pan, using as little butter as possible.

Fricassee of Lamb with Brown Gravy

Order three pounds lamb from the fore-quarter, cut in pieces for serving. Wipe meat, put in kettle, cover with boiling water, and cook slowly until meat is tender. Remove from water, cool, sprinkle with salt and pepper, dredge with flour, and sauté in butter or mutton fat. Arrange on platter, and pour around one and one-half cups Brown Sauce made from liquor in which meat was cooked after removing all fat. It is better to cook meat the day before serving, as then fat may be more easily removed.

Roast Lamb

A leg of lamb is usually sent from market wrapped in caul; remove caul, wipe meat, sprinkle with salt and pepper, place on rack in drip-

ping pan, and dredge meat and bottom of pan with flour. Place in hot oven, and baste as soon as flour in pan is brown, and every fifteen minutes afterwards until meat is done, which will take about one and three-fourths hours. It may be necessary to put a small quantity of water in pan while meat is cooking. Leg of lamb may be boned and stuffed for roasting. See Stuffing, under Braised Mutton.

Make gravy, following directions for Roast Beef Gravy (see p. 241), or serve with Currant Jelly Sauce.

To Carve a Leg of Lamb. Cut in thin slices across grain of meat to the bone, beginning at top of the leg.

Lamb Bretonne

Serve thinly-sliced hot roast lamb with

Beans Bretonne. Soak one and one-half cups pea beans over night in cold water to cover, drain, and parboil until soft; again drain, put in earthen-ware dish or bean-pot, add tomato sauce, cover, and cook until beans have nearly absorbed sauce.

Tomato Sauce. Mix one cup stewed and strained tomatoes, one cup white stock, six canned pimientos rubbed through a sieve, one onion finely chopped, two cloves garlic finely chopped, one-fourth cup butter, and two teaspoons salt.

Saddle of Mutton

Mutton for a saddle should always be dressed at market. Wipe meat, sprinkle with salt and pepper, place on rack in dripping pan, and dredge meat and bottom of pan with flour. Bake in hot oven one and one-fourth hours, basting every fifteen minutes with fat in pan. Serve with Currant Jelly Sauce.

To Carve a Saddle of Mutton, cut thin slices parallel with backbone, then slip the knife under and separate slices from ribs.

Saddle of Mutton, Currant Mint Sauce

Follow directions for Saddle of Mutton, and serve with

Currant Mint Sauce. Separate two-thirds tumbler of currant jelly in pieces, but do not beat it. Add one and one-half tablespoons finely chopped mint leaves and shavings from the rind of one-fourth orange.

Devonshire Saddle of Mutton

Follow directions for Saddle of Mutton and serve with Devonshire Sauce (see p. 321).

Saddle of Lamb à l'Estragnon

Wipe meat, sprinkle with salt and pepper, place on rack in dripping pan, and dredge meat and bottom of pan with flour. Bake in hot oven one and one-fourth hours, basting every fifteen minutes. Remove to hot serving dish and pour around

Estragnon Sauce. Brown four tablespoons butter, add four tablespoons flour (which has been previously browned), and pour on gradually, while stirring constantly, two cups bouillon, and one-half cup stock which has infused with one tablespoon tarragon one hour.

Crown of Lamb

Select parts from two loins containing ribs, scrape flesh from bone between ribs, as far as lean meat, and trim off backbone. Shape each piece in a semicircle, having ribs outside, and sew pieces together to form a crown. A Crown of Lamb may be ordered from market. Trim ends of bones evenly, care being taken that they are not left too long, and wrap each bone in a thin strip of fat salt pork or insert in cubes of fat salt pork to prevent bone from burning; then cover with buttered paper. Roast one and one-fourth hours.

Remove pork from bones before serving, and fill centre with Purée of Chestnuts.

Lamb en Casserole

Wipe two pounds lamb cut from fore-quarter. Cut in inch cubes, put in hot frying pan, and turn frequently until seared and browned on both sides. Brush over with melted butter, season with salt, and pepper, and bake in casserole dish twenty minutes or until tender. Parboil three-fourths cup carrot, cut in strips, fifteen minutes; drain, and add to lamb, with one cup potato balls, two cups thin Brown Sauce, and pepper to taste. Cook until potatoes are soft, then add twelve small onions cooked until soft, one cup cooked string beans, and one teaspoon Worcestershire Sauce. Serve from casserole dish.

Mutton Curry

Wipe and cut meat from fore-quarter of mutton in one-inch pieces; there should be three cupfuls. Put in kettle, cover with cold water, and bring quickly to boiling-point; drain in colander and pour over one quart cold water. Return meat to kettle, cover with one quart boiling water, add three onions cut in slices, one-half teaspoon peppercorns, and a sprig each of thyme and parsley. Simmer until meat is

tender, remove meat, strain liquor, and thicken with one-fourth cup each of butter and flour cooked together; to the flour add one-half teaspoon curry powder, one-half teaspoon salt, and one-eighth teaspoon pepper. Add meat to gravy, reheat, and serve with border of steamed rice.

Mutton Broth

3 lbs. mutton (from the neck)
2 quarts cold water
1 teaspoon salt
Few grains pepper
3 tablespoons rice or
3 tablespoons barley

Wipe meat, remove skin and fat, and cut in small pieces. Put into kettle with bones, and cover with cold water. Heat gradually to boiling-point, skim, then season with salt and pepper. Cook slowly until meat is tender, strain, and remove fat. Reheat to boiling-point, add rice or barley, and cook until rice or barley is tender. If barley is used, soak over night in cold water. Some of the meat may be served with broth.

Irish Stew with Dumplings

Wipe and cut in pieces three pounds lamb from the fore-quarter. Put in kettle, cover with boiling water, and cook slowly two hours or until tender. After cooking one hour add one-half cup each carrot and turnip cut in one-half inch cubes, and one onion cut in slices. Fifteen minutes before serving add four cups potatoes cut in one-fourth inch slices, previously parboiled five minutes in boiling water. Thicken with one-fourth cup flour, diluted with enough cold water to form a thin smooth paste. Season with salt and pepper, serve with Dumplings. (See p. 246.)

Scotch Broth

Wipe three pounds mutton cut from fore-quarter. Cut lean meat in one-inch cubes, put in kettle, cover with three pints cold water, bring quickly to boiling-point, skim, and add one-half cup barley which has been soaked in cold water over night; simmer one and one-half hours, or until meat is tender. Put bones in a second kettle, cover with cold water, heat slowly to boiling-point, skim, and boil one and one-half hours. Strain water from bones and add to meat. Fry five minutes in two tablespoons butter, one-fourth cup each of carrot, turnip, onion, and celery, cut in one-half inch dice, add to soup with salt and pepper to taste, and cook until vegetables are soft. Thicken with two tablespoons each of butter and flour cooked together.

Add one-half tablespoon finely chopped parsley just before serving. Rice may be used in place of barley.

Lambs' Kidneys I

Soak, pare, and cut in slices six kidneys, and sprinkle with salt and pepper. Melt two tablespoons butter in hot frying pan, put in kidneys, and cook five minutes; dredge thoroughly with flour, and add two-thirds cup boiling water or hot Brown Stock. Cook five minutes, add more salt and pepper if needed. Lemon juice, onion juice, or Madeira wine may be used for additional flavor. Kidneys must be cooked a short time, or for several hours; they are tender after a few minutes' cooking, but soon toughen, and need hours of cooking to again make them tender.

Lambs' Kidneys II

Soak, pare, trim, and slice six kidneys. Sprinkle with salt and pepper, sauté in butter, and remove to a hot dish. Cook one-half tablespoon finely chopped onion in two tablespoons butter until brown; add three tablespoons flour, and pour on slowly one and one-half cups hot stock. Season with salt and pepper, strain, add kidneys, and one tablespoon Madeira wine.

Ragout of Kidneys

Soak lambs' kidneys one hour in lukewarm water. Drain, clean, cut in slices, season with salt and pepper, dredge with flour, and sauté in butter. Fry one sliced onion and one-half shallot, finely chopped, in three tablespoons butter until yellow; add three tablespoons flour and one and one-fourth cups Brown Stock. Cook five minutes, strain, and add one-half cup mushroom caps peeled and cut in quarters; season with salt and pepper, add kidneys, and serve as soon as heated. White wine may be added if desired.

Kidney Rolls

Mix one-half cup stale bread crumbs, one-half small onion, finely chopped, and one-half tablespoon finely chopped parsley. Season with salt and pepper, and moisten with beaten egg. Spread mixture on thin slices of bacon, fasten around pieces of lambs' kidney, using skewers. Bake in a hot oven twenty minutes.

WAYS OF WARMING OVER MUTTON AND LAMB

Minced Lamb on Toast

Remove dry pieces of skin and gristle from remnants of cold roast lamb, then chop meat. Heat in well-buttered frying pan, season with salt, pepper, and celery salt, and moisten with a little hot water or stock; or, after seasoning, dredge well with flour, stir, and add enough stock to make thin gravy. Pour over small slices of buttered toast.

Scalloped Lamb

Remove skin and fat from thin slices of cold roast lamb, and sprinkle with salt and pepper. Cover bottom of a buttered baking dish with buttered cracker crumbs; cover crumbs with meat; cover meat with boiled macaroni, and add another layer of meat and macaroni. Pour over Tomato Sauce, and cover with buttered cracker crumbs. Bake in hot oven until crumbs are brown. Cold boiled rice may be used in place of macaroni.

Blanquette of Lamb

Cut remnants of cooked lamb in cubes or strips. Reheat two cups meat in two cups sauce, — sauce made of one-fourth cup each of butter and flour, one cup white stock, and one cup of milk which has been scalded with two blades of mace. Season with salt and pepper, and add one tablespoon Mushroom Catsup, or any other suitable table sauce. Garnish with large croûtons, serve around green peas, or in a potato border, sprinkle with finely chopped parsley.

Barbecued Lamb

Cut cold roast lamb in thin slices and reheat in sauce made by melting two tablespoons butter, adding three-fourths tablespoon vinegar, one-fourth cup currant jelly, one-fourth teaspoon French mustard, and salt and cayenne to taste.

Rechauffé of Lamb

Brown two tablespoons butter, add two and one-half tablespoons flour, and stir until well browned; then add one-fourth teaspoon, each, curry powder, mustard, and salt, and one-eighth teaspoon paprika. Add, gradually, one cup brown stock, and bring to the boiling-point. Reheat cold roast lamb cut in thin slices in sauce.

Salmi of Lamb

Cut cold roast lamb in thin slices. Cook five minutes two tablespoons butter with one-half tablespoon finely chopped onion. Add lamb, sprinkle with salt and pepper, and cover with one cup Brown Sauce, or one cup cold lamb gravy seasoned with Worcestershire, Harvey, or Elizabeth Sauce. Cook until thoroughly heated. Arrange slices overlapping one another lengthwise of platter, pour around sauce, and garnish with toast points. A few sliced mushrooms or stoned olives improve this sauce.

Casserole of Rice and Meat

Line a mould, slightly greased, with steamed rice. Fill the centre with two cups cold, finely-chopped, cooked mutton, highly seasoned with salt, pepper, cayenne, celery salt, onion juice, and lemon juice; then add one-fourth cup cracker crumbs, one egg slightly beaten, and enough hot stock or water to moisten. Cover meat with rice, cover rice with buttered paper to keep out moisture while steaming, and steam forty-five minutes. Turn on a platter and surround with Tomato Sauce. Veal may be used in place of mutton.

Breast of Lamb

Wipe a breast of lamb, put in kettle with bouquet of sweet herbs, a small onion stuck with six cloves, one-half tablespoon salt, one-half teaspoon peppercorns, and one-fourth cup each carrot and turnip cut in dice. Cover with boiling water, and simmer until bones will slip out easily. Take meat from water, remove bones, and press under weight. When cool, trim in shape, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve with Spanish Sauce. Small pieces of cold lamb may be sprinkled with salt and pepper, dipped in crumbs, egg, and crumbs, and fried in deep fat.

Lamb à la Breck

Finely chop cold roast lamb; there should be one cup. Season with one-half teaspoon salt, one-eighth teaspoon pepper, one-eighth teaspoon celery salt, and a few drops onion juice. Put one cup boiled macaroni in a buttered baking dish, cover with lamb and pour over one and one-half cups milk, to which have been added four eggs, slightly beaten. Bake in a moderate oven until firm.

Cold Roast Lamb, Family Style

Cut cold roast lamb in slices and arrange, overlapping one another around chop plate. In centre place individual moulds of seasoned, hot chopped boiled spinach, seasoned with butter, salt, and pepper. Make a depression in each mould and in cavity thus made drop a poached egg. Garnish with watercress.

Mutton with Currant Jelly Sauce

2 tablespoons butter
2 tablespoons flour
¼ teaspoon salt
Few grains pepper
1 cup Brown Stock
⅓ cup currant jelly
1½ tablespoons Sherry wine
6 slices cold cooked mutton

Brown the butter, add flour, seasonings, and stock, gradually; then add jelly, and when melted, add mutton. When meat is heated, add wine. If mutton gravy is at hand, use instead of making a Brown Sauce.

Minced Mutton

2 cups chopped cooked mutton
Yolks 6 hard-boiled eggs
¾ teaspoon mixed mustard
¼ cup wine
Salt
Cayenne
1 cup of cream

Mash the yolks, and season with mustard, salt, and cayenne. Add cream and mutton. When thoroughly heated add wine. Serve on toast.

CHAPTER XIV

VEAL

VEAL is the meat obtained from a young calf killed when six to eight weeks old. Veal from a younger animal is unwholesome, and liable to provoke serious gastric disturbances. Veal contains a much smaller percentage of fat than beef or mutton, is less nutritious, and (though from a young creature) more difficult of digestion. Like lamb, it is not improved by long hanging, but should be eaten soon after killing and dressing. It should always be remembered that the flesh of young animals does not keep fresh as long as that of older ones. Veal is divided in same manner as lamb, into fore- and hind-quarters. The fore-quarter is subdivided into breast, shoulder, and neck; the hind-quarter into loin, leg, and knuckle. Cutlets, fillets (cushion), and fricandeau are cut from the thick part of leg.

Good veal may be known by its pinkish-colored flesh and white fat; when the flesh lacks color, it has been taken from a creature which was too young to kill for food, or, if of the right age, was bled before killing. Veal may be obtained throughout the year, but is in season during the spring. Veal should be thoroughly cooked; being deficient in fat and having but little flavor, pork or butter should be added while cooking, and more seasoning is required than for other meats.

Veal Cutlets

Use slices of veal from leg cut one-half inch thick. Wipe, remove bone and skin, then cut in pieces for serving. The long, irregular-shaped pieces may be rolled, and fastened with small wooden skewers. Sprinkle with salt and pepper; dip in flour, egg, and crumbs and sauté slowly, until well browned in salt pork fat or butter; then remove cutlets to stewpan and pour over two cups Brown Sauce. Place on back of range and cook slowly forty minutes, or until cutlets are tender.

Veal may be cooked first in boiling water until tender, then crumbed and fried. The water in which veal was cooked may be used for sauce.

Arrange on hot platter, strain sauce, and pour around cutlets, and garnish with parsley.

Brown Sauce. Brown four tablespoons butter, add four tablespoons flour, and stir until well browned. Add gradually one and one-half cups stock or water, or half stock and half stewed and strained tomatoes and bring to the boiling-point. Season with salt, pepper, lemon juice, and Worcestershire Sauce. The trimmings from veal (including skin and bones) may be covered with one and one-half cups cold water, allowed to heat slowly to boiling-point, then cooked, strained, and used for sauce.

Veal Chops Bavarian I

Wipe six loin chops and put in a stewpan with one-half onion, eight slices carrot, two stalks celery, one-half teaspoon peppercorns, four cloves, and two tablespoons butter. Cover with boiling water and cook until tender. Drain, season with salt and pepper, dip in flour, egg, and crumbs, fry in deep fat, and drain on brown paper. Arrange chops on hot serving dish and surround with boiled macaroni to which Soubise Sauce (see p. 319) is added.

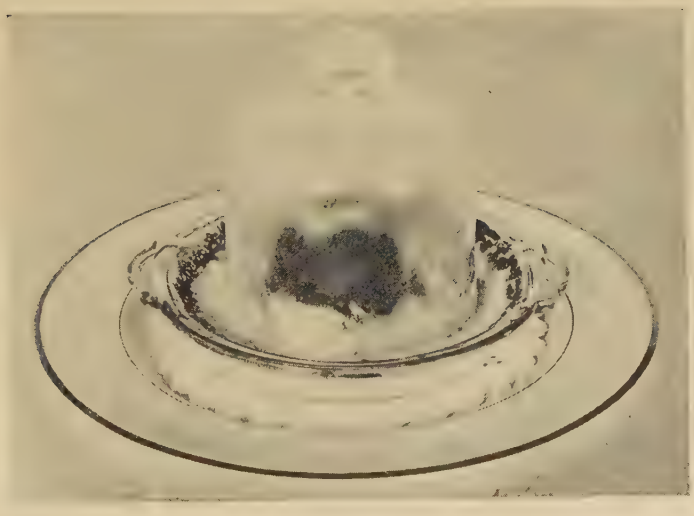
Veal Chops Bavarian II

Wipe six loin chops and put in a stewpan with one-half sliced onion, eight slices carrot, two stalks celery, one-half teaspoon peppercorns, four cloves, and two tablespoons butter. Cover with boiling water and let simmer until chops are tender. Drain, season with salt and pepper, dip in flour, egg and crumbs, fry in deep fat, and drain on brown paper. Arrange on hot serving dish and surround with two cups boiled macaroni, broken into two-inch pieces and mixed with the following sauce: Peal and slice onions; there should be two cups. Cover with boiling water, cook five minutes, drain, again cover with boiling water, and cook until soft; again drain and rub through a sieve. Melt two tablespoons butter, add two tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken stock. Bring to the boiling-point and add onion purée and one-half cup cream or milk. Season with one-half teaspoon salt and a few grains pepper.

Fricassee of Veal

Wipe two pounds sliced veal, cut from loin, and cover with boiling water; add one small onion, two stalks celery, and six slices carrot.

Lobster Cocktail. — *Page 223.*



Sweetbread à la Napoli. — *Page 278.*

Braised Sweetbreads Eugénie. — *Page 278*

Broiled Chicken garnished with French Fried Potatoes, Slices of Broiled Tomatoes, Parsley and Lettuce. — *Page 293.*

Cook slowly until meat is tender. Remove meat, sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Strain liquor (there should be two cups). Melt four tablespoons butter, add four tablespoons flour and strained liquor. Bring to boiling-point, season with salt and pepper, and pour around meat. Garnish with parsley.

Veal Holstein

Wipe and trim two slices of veal, cut from the leg; then pound by using edge of saucer or plate and cut in pieces for serving. Sprinkle with salt and pepper, dip in stale bread crumbs, egg and crumbs, and sauté in a hot iron frying pan until well browned, using two-thirds pork fat to one-third butter. Place on back of range, pour over one and one-half cups brown sauce, cover and let simmer until meat is tender, the time being from one to one and one-half hours. Remove to serving dish and strain sauce around cutlets. Garnish each with a poached egg and around dish arrange thin slices of cucumber pickles, thin slices of cooked beets (cut in fancy shapes), slices of lemon (sprinkled with finely chopped parsley), and stoned olives stuffed with capers and anchovies.

Minuten Fleisch

1½ lbs. veal cut in thin slices	Flour
Salt and pepper	1⅓ cups Brown Stock
⅔ cup claret wine	Juice 1 lemon
	2 sprigs parsley

Pound veal until one-fourth inch thick and cut in pieces for serving. Sprinkle with salt and pepper, put in baking pan, pour over wine, and let stand thirty minutes. Drain, dip in flour, arrange in two buttered pans, and pour over remaining ingredients and wine which was drained from meat. Cover, and cook slowly until meat is tender. Remove to serving dish and pour over sauce remaining in pan.

Loin of Veal à la Jardinière

Wipe four pounds loin of veal, sprinkle with salt and pepper, and dredge with flour. Put one-fourth cup butter in deep stewpan; when melted, add veal and brown entire surface of meat, watching carefully and turning often that it may not burn. Add one cup hot water, cover closely, and cook slowly two hours, or until meat is tender, adding more water as needed, using in all about three cups. Remove meat, thicken stock remaining in pan with flour diluted with enough cold

water to pour easily. Surround the meat with two cups each boiled turnips and carrots, cut in half-inch cubes, and potatoes cut in balls. Serve gravy in a tureen.

Braised Shoulder of Veal

Bone, stuff, and sew in shape five pounds shoulder of veal; then cook same as Braised Beef, adding with vegetables two sprigs thyme and one sprig marjoram.

English Meat Pie

Knuckle of veal	Blade of mace
1 slice onion	2 teaspoons salt
1 slice carrot	½ lb. lean raw ham
Bit of bay leaf	4 tablespoons flour
Sprig of parsley	4 tablespoons butter
12 peppercorns	2 doz. bearded oysters

Remove meat from bones. Cover bones with cold water, add vegetables and seasonings, and heat slowly to boiling-point. Add meat, boil five minutes, and let simmer until meat is tender; remove meat and reduce stock to two cups. Put ham in frying pan, cover with lukewarm water, and let stand on back of range one hour. Brown butter, add flour, and when well browned add stock; then add veal and ham, each cut into cubes. Let simmer twenty minutes and add oysters. Put in serving dish and cover with top made of puff paste. It is much better to bake the paste separately and cover pie just before sending to table.

Roast Veal

The leg, cushion (thickest part of leg), and loin, are suitable pieces for roasting. When leg is to be used, it should be boned at market. Wipe meat, sprinkle with salt and pepper, stuff, and sew in shape. Place on rack in dripping pan, dredge meat and bottom of pan with flour, and place around meat strips of fat salt pork. Bake three or four hours in moderate oven, basting every fifteen minutes with one-third cup butter melted in one-half cup boiling water, until used, then baste with fat in pan. Serve with brown gravy.

Fricandeau of Veal

Lard a cushion of veal and roast or braise.

Stuffed Cushion of Veal, Brown Mushroom Sauce

Order a five-pound cushion of veal (a piece cut from the upper part of the leg). Wipe, stuff, and truss. Put one-fourth pound butter in a hot iron frying pan and when melted add veal and cook until the entire surface is seared and well browned, turning frequently, using a two-tined fork to prevent piercing. Cover and bake in a hot oven from one and one-half to two hours. Remove to hot platter, garnish with parsley, and serve with Brown Mushroom Sauce.

Stuffing. Toast six slices of stale baker's bread, cut one-half inch in thickness, with crusts removed. Pour over brown or chicken stock to moisten. Add one two-inch cube fat salt pork, finely chopped, one hard-boiled egg, finely chopped, and one-fourth pound mushroom caps, cleaned, peeled, sautéed in butter three minutes and cut in strips. Season with salt and pepper.

Brown Mushroom Sauce. Pour off one-fourth cup fat remaining in pan, add five tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one and one-fourth cups brown stock, bring to the boiling-point and add one-third cup mushroom liquor (obtained by cooking stems and peeling of mushroom caps). Season with salt and pepper, add fat remaining in pan, stirring vigorously, and strain through a double thickness of cheesecloth, placed over a strainer. Add one-half pound mushroom caps, cleaned, peeled, cut in slices, and sautéed in butter three minutes. Bring to the boiling-point and serve at once.

Loin of Veal, Allemande

Order a piece cut from loin of veal with ribs and flank attached. Remove meat which lies nearest the backbone in one piece. Remove meat from flank, discarding skin; then force through a meat chopper; there should be seven-eighths cup. Add one-third cup beef suet, finely chopped, and mix thoroughly. Cook three-fourths cup stale bread crumbs with three-fourths cup milk, until reduced to a thick paste. Add three tablespoons butter, one egg, and one egg yolk, slightly beaten, one tablespoon tomato catsup, one-eighth teaspoon grated nutmeg, and salt, pepper, and cayenne to taste. Combine mixtures, shape in a loaf, roll in crumbs, egg, and crumbs. Arrange four slices of fat salt pork lengthwise of centre of dripping pan. Place on pork the long rib bones (which have been removed), on bones the meat roll, and over roll the piece of lean meat. Sprinkle with salt

and pepper, dredge meat and bottom of pan with flour and over meat arrange pieces of fat salt pork. Bake in a slow oven two hours. As soon as flour in pan is brown, baste with fat in pan and continue the basting every ten minutes, using two cups stock, which has been made from bones and trimmings. During the last half-hour of the cooking pour over one-half cup sour cream. Remove to platter and garnish with Deerfoot Potatoes and parsley.

Serve with a brown gravy made from fat in pan.

India Curry

Wipe a slice of veal one-half inch thick, weighing one and one-half pounds, and cook in frying pan without butter, quickly searing one side, then the other. Place on a board and cut in one and one-half inch pieces. Fry two sliced onions in one-half cup butter until brown, remove onions, and add to the butter, meat, and one-half tablespoon curry powder, then cover with boiling water. Cook slowly until meat is tender. Thicken with flour diluted with enough cold water to pour easily; then add one teaspoon vinegar. Serve with a border of steamed rice.

Veal Birds

Wipe slices of veal from leg, cut as thinly as possible, then remove bone, skin, and fat. Pound until one-fourth inch thick and cut in pieces four inches long by two inches wide, each piece making a bird. Chop trimmings of meat, adding for every three birds a piece of fat salt pork cut one inch square and one-fourth inch thick; pork also to be chopped. Add to trimmings and pork one-half their measure of fine cracker crumbs, and season highly with salt, pepper, cayenne, poultry seasoning, lemon juice, and onion juice. Moisten with beaten egg and hot water or stock. Spread each piece with thin layer of mixture and avoid having mixture come close to edge. Roll, and fasten with skewers. Sprinkle with salt and pepper, dredge with flour, and fry in hot butter until a golden brown. Put in stewpan, add cream to half cover meat, cook slowly twenty minutes or until tender. Serve on small pieces of toast, straining cream remaining in pan over birds and toast, and garnish with parsley. White Sauce I in place of cream may be served around birds.

Veal Loaf I

Separate a knuckle of veal in pieces by sawing through bone. Wipe, put in kettle with one pound lean veal and one onion; cover with boil-

ing water, and cook slowly until veal is tender. Drain, chop meat finely, and season highly with salt and pepper. Garnish bottom of a mould with slices of hard-boiled eggs and parsley. Put in layer of meat, layer of thinly sliced hard-boiled eggs, sprinkle with finely chopped parsley, and cover with remaining meat. Pour over liquor, which should be reduced to one cupful. Press and chill, turn on a dish, and garnish with parsley.

Veal Loaf II

Wipe three pounds lean veal, and remove skin and membrane. Chop finely or force through meat chopper, then add one-half pound fat salt pork (also finely chopped), six common crackers (rolled), four tablespoons cream, two tablespoons lemon juice, one tablespoon salt, one-half teaspoon pepper, and a few drops onion juice. Pack in a small bread-pan, smooth evenly on top, brush with white of egg, and bake slowly three hours, basting with one-fourth cup pork fat. Prick frequently while baking, that pork fat may be absorbed by meat. Cool, remove from pan, and cut in thin slices for serving.

Broiled Veal Kidneys

Order veal kidneys with the suet left on. Trim, split, and broil ten minutes. Arrange on pieces of toast and pour over melted butter seasoned with salt, cayenne, and lemon juice.

Veal Kidneys à la Canfield

Trim kidneys, cook in brown stock ten minutes, drain, and cut in slices. Arrange alternate slices of kidney and thinly-sliced bacon on skewers with a fresh mushroom cap at either end of each skewer. Broil until bacon is crisp and arrange on pieces of toast. Pour over sauce made from stock in which kidneys were cooked, seasoned with salt, and cayenne.

WAYS OF WARMING OVER VEAL

Minced Veal on Toast

Prepare as Minced Lamb on Toast, using veal in place of lamb.

Blanquette of Veal

Reheat two cups cold roast veal, cut in small strips, in one and one-half cups White Sauce II. Serve in a potato border and sprinkle over all finely chopped parsley.

Ragoût of Veal

Reheat two cups cold roast veal, cut in cubes, in one and one-half cups Brown Sauce seasoned with one teaspoon Worcestershire Sauce, few drops of onion juice, and a few grains of cayenne.

To Extract Juice from Onion. Cut a slice from root end of onion, draw back the skin, and press onion on a coarse grater, working with a rotary motion.

CHAPTER XV

SWEETBREADS

A SWEETBREAD is the thymus gland of lamb or calf, but in cookery, veal sweetbreads only are considered. It is prenatally developed, of unknown function, and as soon as calf is taken from liquid food it gradually disappears. Pancreas, stomach sweetbread, is sometimes sold, but in most markets this custom is not practised. Sweetbreads are a reputed table delicacy, and a valuable addition to the menu of the convalescent.

A sweetbread consists of two parts, connected by tubing and membranes. The round, compact part is called the heart sweetbread, as its position is nearer the heart; the other part is called the throat sweetbread. When sweetbread is found in market separated, avoid buying two of the throat sweetbreads, as the heart sweetbread is more desirable.

Sweetbreads spoil very quickly. They should be removed from paper as soon as received from market, plunged into cold water and allowed to stand one hour, drained, and put into acidulated, salted boiling water then allowed to cook slowly twenty minutes; again drained, and plunged into cold water, that they may be kept white and firm. Sweetbreads are always parboiled in this manner for subsequent cooking.

Broiled Sweetbread

Parboil a sweetbread, split cross-wise, sprinkle with salt and pepper and broil five minutes. Serve with Lemon Butter.

Creamed Sweetbread

Parboil a sweetbread, and cut in one-half inch cubes, or separate in small pieces. Reheat in one cup White Sauce II. Creamed Sweetbread may be served on toast, or used as filling for patty cases or Swedish Timbales.

Creamed Sweetbread and Chicken

Reheat equal parts of cold cooked chicken, and sweetbread cut in dice, in White Sauce II.

Sweetbread à la Poulette

Reheat sweetbread, cut in cubes, in one cup Béchamel Sauce.

Sweetbreads, Country Style

Parboil sweetbreads, sprinkle with salt and pepper, and dredge with flour. Arrange in baking dish, brush over with melted butter, allowing two tablespoons to each pair of sweetbreads, and cover with thin slices fat salt pork. Bake in a hot oven over twenty-five minutes, basting twice during the cooking, and remove pork during the last five minutes of the cooking.

Larded Sweetbread

Parboil a sweetbread, lard the upper side, and bake until well browned, basting with Meat Glaze.

Sweetbreads à la Napoli

Parboil a large sweetbread and cut in eight pieces. Cook in hot frying pan with a small quantity of butter, adding enough beef extract to give sweetbread a glazed appearance. Cut bread in slices, shape with a circular cutter three and one-half inches in diameter, and toast. Spread each piece with two tablespoons grated Parmesan cheese seasoned with salt and paprika and moistened with two tablespoons heavy cream. Arrange one piece of sweetbread on each piece of toast and season with salt and pepper. Put in individual glass-covered dishes, having two tablespoons cream in each dish. Cover each piece of sweetbread with sautéed mushroom cap, put on glass covers, and bake in a moderate oven eight minutes.

Braised Sweetbreads Eugénie

Parboil a sweetbread in Sherry wine twelve minutes. Drain, cool, cut in four pieces, and lard. Cook in frying pan same as Sweetbreads à la Napoli. Peel mushroom caps, cover with Sherry wine, let stand one hour, drain, and sauté in butter. Arrange on circular pieces of toast, over each of which has been poured one teaspoon wine drained from mushroom caps, and season with salt and pepper. Pile five or

six mushroom caps on each piece of sweetbread, add two tablespoons heavy cream, and bake in a moderate oven, eight minutes. Cook in individual glass-covered dishes.

Sweetbread Cutlets with Asparagus Tips

Parboil a sweetbread, split, and cut in pieces shaped like a small cutlet, or cut in circular pieces. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, and sauté in butter. Arrange in a circle around Creamed Asparagus Tips.

Sweetbread with Tomato Sauce

Prepare as Sweetbread Cutlets with Asparagus Tips, sauté in butter or fry in deep fat, and serve with Tomato Sauce.

Sweetbread and Bacon

Parboil a sweetbread, cut in small pieces, dip in flour, egg, and crumbs, and arrange alternately with pieces of bacon on small skewers, having four pieces sweetbread and three of bacon on each skewer. Fry in deep fat, and drain. Arrange in a circle around mound of green peas.

Sweetbreads à la Root

Parboil three pair sweetbreads, drain, then cool and insert strips of truffles, using a larding needle. Put in a pan six slices carrot, one-half small onion, sliced, one stalk celery, cut in pieces, one sprig parsley, a bit of bay leaf, and a two-inch cube fat salt pork, cut in pieces. Place sweetbreads over vegetables, add one-half teaspoon salt and one-fourth teaspoon pepper; cook on range ten minutes. Pour over one cup white stock, one-fourth cup white wine, and two tablespoons port wine. Cover and bake thirty minutes.

Arrange around platter a purée of French chestnuts, forced through a pastry bag and tube. Place sweetbreads in centre. Strain sauce, remove fat, and add one-third cup finely chopped mushroom caps, cooked in one-half tablespoon butter, two minutes. Pour sauce over sweetbreads and garnish with sprigs of watercress.

Sweetbreads Monroe

Parboil a sweetbread and cut in six pieces. Put in a saucepan and add one small sliced onion, one stalk celery, cut in slices crosswise, four slices fat salt pork, cut in cubes, one tablespoon butter, one tea-

spoon salt, and one-eighth teaspoon pepper. Cook six minutes, stirring almost constantly; then add three-fourths cup chicken stock and one-fourth cup white wine. Cover and let simmer thirty-five minutes. Remove sweetbreads and strain stock. Melt one tablespoon butter, add one tablespoon flour and stir until well blended; then pour on gradually, while stirring constantly, stock. Add one can French peas (drained and rinsed) and let simmer ten minutes. Divide peas in six small casseroles, place a piece of sweetbread on each, cover with Béarnaise Sauce, and garnish with a piece of truffle.

Waldorf Sweetbreads

Soak two pair sweetbreads in cold water to cover one hour and cook in equal parts of white wine and boiling water (to which has been added one-half tablespoon salt) ten minutes. Drain, trim, place under a weight, and let stand one-half hour. Put in a saucepan, cover with thin strips of fat salt pork, two slices each of onion and carrot, sprig of parsley, and one and one-half cups chicken stock. Bring to the boiling-point and let simmer one-half hour. Drain, cut in pieces and arrange on canned artichoke bottoms (re-heated and seasoned with butter, salt, and pepper) around a mound of cooked hominy sprinkled with finely chopped parsley.

Pour around Waldorf Sauce and garnish with cutlet-shaped pieces of sautéed bread (the top being sprinkled over with white of eggs, then dipped in finely chopped parsley), watercress, and parsley.

Mock Sweetbreads

Finely chop one pound lean raw veal, add two ounces finely chopped fat salt pork, and work, using the hands, until well blended; then add two-thirds cup soft bread crumbs, two eggs, slightly beaten, one-third cup flour, one-half cup rich milk, one-half teaspoon salt, and one-eighth teaspoon pepper. Form into eight elliptical-shaped pieces, put in dish, dot over with butter, using one and one-half tablespoons, and pour around three-fourths cup chicken stock. Cover and bake one hour, basting every ten minutes of the cooking. Remove to hot serving dish and pour around white, brown, or tomato sauce.

CHAPTER XVI

PORK

PORK is the flesh and fat of pig or hog. Different parts of the creature, when dressed, take different names.

The chine and spareribs, which correspond to the loin in lamb and veal, are used for roasts or steaks. Two ribs are left on the chine. The hind legs furnish *hams*. These are cured, salted, and smoked. Sugar-cured hams are considered the best. Pickle, to which is added light brown sugar, molasses, and saltpetre, is introduced close to bone; hams are allowed to hang one week, then smoked with hickory wood. *Shoulders* are usually corned, or salted and smoked, though sometimes cooked fresh. *Pig's feet* are boiled until tender, split, and covered with vinegar made from white wine. *Hocks*, the part just above the feet, are corned, and cooked by boiling. *Heads* are soused, and cooked by boiling. The flank, which lies just below the ribs, is salted and smoked, and furnishes *bacon*. The best pieces of fat salt pork come from the back, on either side of backbone.

Fat, when separated from flesh and membrane, is tried out and called lard. *Leaf-lard* is the best, and is tried out from the leaf shaped pieces of solid fat which lie inside the flank. *Sausages* are trimmings of lean and fat meat, minced, highly seasoned, and forced into thin casings made of prepared entrails. *Little pigs* (four weeks old) are sometimes killed, dressed, and roasted whole.

Pork contains the largest percentage of fat of any meat. When eaten fresh it is the most difficult of digestion. By curing, salting, and smoking, pork is rendered more wholesome. *Bacon*, next to butter, and cream, is the most easily assimilated of all fatty foods.

Pork Chops

Wipe chops, sprinkle with salt and pepper, place in a hot frying pan, and cook slowly until tender, and well browned on each side.

Pork Chops with Fried Apples

Arrange Pork Chops on a platter, and surround with slices of apples, cut one-half inch thick, fried in the fat remaining in pan.

Pork Tenderloins with Sweet Potatoes

Wipe tenderloins, put in a dripping pan, and brown quickly in a hot oven; then sprinkle with salt and pepper, and bake forty-five minutes, basting every fifteen minutes.

Sweet Potatoes. Pare six potatoes and parboil ten minutes, drain, put in pan with meat, and cook until soft, basting when basting meat.

Kernels of Pork

Wipe a spare rib of pork and remove lean meat in one piece. Cut in three-fourth-inch slices crosswise, sprinkle with salt and sauté in a hot iron frying pan, rubbed over with pork fat. Arrange down the centre of a hot platter and surround with nests made of Savory Potatoes filled with Creamed Silver Skins. Garnish with sprig of parsley.

Roast Pork

Wipe pork, sprinkle with salt and pepper, place on a rack in a dripping pan, and dredge meat and bottom of pan with flour. Bake in a moderate oven three or four hours, basting every fifteen minutes with fat in pan. Make a gravy as for other roasts.

Roast Crown of Pork

Order a crown of pork prepared at market. Sprinkle with salt, dredge with flour, and place on rack in dripping pan (bones down) and bake in a hot oven two hours, basting every fifteen minutes with fat in pan, which comes from trimmings of pork fat placed in pan, as that which comes from crown is insufficient.

Remove to chop plate, surround with mounds of mashed potatoes at regular intervals, and between potato, halves of baked apples. Garnish ends of bones with paper frills and put a large bunch of parsley in centre of crown.

Little Roast Pig

Clean, stuff, truss, and skewer a suckling pig. Make four parallel gashes, three inches long, through skin on each side of backbone. Put on rack in dripping pan, brush entire surface with melted butter, sprinkle with salt, pour around two cups boiling water, and cover with buttered paper. Roast in a hot oven three hours, basting every fifteen minutes with liquor in pan. Remove paper after cooking two and one-half hours and brush over with heavy cream. Remove to serving dish, put small red apple in mouth, cranberries in eye sockets,

and laurel wreath around neck. Garnish with nest-shaped hominy croquettes filled with Apple Sauce (see p. 707), sections of red apples and watercress.

Stuffing

6 onions	½ cup soft butter
20 sage leaves	1 egg
3 cups soft stale bread crumbs	Salt and pepper

Peel onions, add boiling water to cover and parboil ten minutes. Add sage leaves and cook two minutes longer; then drain off water. Finely chop onions and sage and add to bread crumbs, with butter and egg slightly beaten. Season with salt and pepper.

Breakfast Bacon

See Liver and Bacon, page 248.

Bacon Curls

Cut bacon in as thin slices as possible and remove rind. Put in a hot iron frying pan and during the cooking shape in the form of curls, using a knife and fork. Drain on brown paper and arrange on serving dish around a mound of Corn Oysters.

Fried Salt Pork with Codfish

Cut fat salt pork in one-fourth inch slices, cut gashes one-third inch apart in slices, nearly to rind. Try out in a hot frying pan until brown and crisp, occasionally turning off fat from pan. Serve around strips of codfish which have been soaked in pan of lukewarm water and allowed to stand on back of range until soft. Serve with Drawn Butter Sauce, boiled potatoes, and beets.

Fried Salt Pork, Country Style

Cut fat salt pork in thin slices, and slices in halves crosswise (making pieces about three by two inches), and gash each rind edge four times. Dip in a mixture of corn meal and flour, using two parts corn meal to one part flour; put in a hot iron frying pan and cook until crisp and well browned, turning frequently. Remove from pan and strain fat through a double thickness of cheesecloth placed over a fine strainer. Put one and one-half tablespoons fat in saucepan, add two and one-half tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup milk. Bring to the boiling-

point and add one-fourth teaspoon salt, a few grains pepper and one tablespoon butter, bit by bit; then add one and one-half cups boiled potato cubes. Pile in centre of hot serving dish and surround with prepared pork. Garnish with sprigs of parsley.

Fort Lincoln

Cut three slices fat salt pork (three inches by four inches) in small cubes and try out. To two tablespoons pork fat add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup milk, bring to the boiling-point, and season with one-half teaspoon salt and a few grains pepper. Add one and one-half cups cold roast pork, cut in cubes, and when thoroughly heated add pork scraps. Make a border in fort shape of mashed potatoes, fill with mixture and garnish with fried potato balls and parsley.

Broiled Ham

Soak thin slices of ham one hour in lukewarm water. Drain, wipe, and broil three minutes.

Fried Ham and Eggs

Wipe ham, remove one-half outside layer of fat, and place in frying pan. Cover with tepid water and let stand on back of range thirty minutes; drain, and dry on a towel. Heat pan, put in ham, brown quickly on one side, turn and brown other side; or soak ham over night, dry, and cook in hot frying pan. If cooked too long, ham will become hard and dry. Serve with fried eggs cooked in the tried-out ham fat.

Barbecued Ham

Soak thin slices of ham one hour in lukewarm water; drain, wipe, and cook in a hot frying pan until slightly browned. Remove to serving dish and add to fat in pan three tablespoons vinegar mixed with one and one-half teaspoons mustard, one-half teaspoon sugar, and one-eighth teaspoon paprika. When thoroughly heated pour over ham and serve at once.

Ham en Casserole

Wipe a slice of ham, cut two inches thick and remove the outside edge of fat. Put in casserole, pile on top of ham, one and one-half cups potatoes pared and thinly sliced. Pour over two cups milk, cover, and cook slowly from one and one-half to two hours.

Boiled Ham

Soak several hours or over night in cold water to cover. Wash thoroughly, trim off hard skin near end of bone, put in kettle, cover with cold water, heat to boiling-point, and cook slowly until tender. See Time Table for Cooking, page 25. Remove kettle from range and set aside, that ham may partially cool; then take from water, remove outside skin, sprinkle with sugar and fine cracker crumbs, and stick with cloves one-half inch apart. Bake one hour in a slow oven. Serve cold, thinly sliced.

Roast Ham with Champagne Sauce

Place a whole baked ham in the oven fifteen minutes before serving time, that outside fat may be heated. Remove to a hot platter, garnish bone end with a paper ruffle, and serve with Champagne Sauce.

Shredded Ham with Currant Jelly Sauce

½ tablespoon butter
⅓ cup currant jelly
1 cup cold cooked ham, cut in small strips
Few grains cayenne
¼ cup Sherry wine

Put butter and currant jelly into the chafing-dish. As soon as melted, add cayenne, wine, and ham; simmer five minutes.

Ham à la Van Voast

Wash and soak ham over night in cold water to cover. Put in kettle, cover with cold water, and add six slices carrot, six slices onion, two stalks celery, three sprigs parsley, one teaspoon whole cloves, one teaspoon allspice berries, and one-half teaspoon peppercorns.

Bring to the boiling-point and let simmer until meat is tender. Cool in water in which it has been cooked, take from water, remove skin, and cover with the following paste: Mix one cup soft stale bread crumbs, one cup brown sugar, and enough mustard mixed with vinegar to hold the mixture together. Pour over two cups cider and bake in a slow oven one hour, basting every ten minutes.

Roast Ham, Cider Sauce

Soak a twelve-pound ham several hours, or over night, in cold water to cover. Wash thoroughly, scrape and trim off hard skin near end of bone. Put in a kettle with one-half cup, each, sliced onion and carrot, two sprigs parsley, one-half bay leaf, four cloves, and five peppercorns.

Cover with cold water, bring slowly to boiling-point and let simmer until tender, the time required being about four hours. After two hours of the cooking, add one quart cider. Allow ham to cool in liquor. Remove from liquor, take off skin, sprinkle with sugar and fine bread crumbs. Put dashes of paprika over ham, about every two inches, and insert a clove in centre of each dash. Bake one hour in a slow oven. Serve hot with Cider Sauce (see p. 333).

Frosted Ham

Remove outside skin from a cold, boiled ham and trim off most of the fat, leaving as smooth a surface as possible. Rub over with cracker dust (made from hard crackers, rolled, and put through a fine sieve) and spread with Ornamental Frosting. Decorate with Ornamental Frosting (colored pink and green) forced through a pastry bag and tube. Remove to platter, garnish bone with paper frill and bone end with silver skewer stuck with a large truffle between two pimolas. Arrange around ham a border of small lettuce leaves and watercress.

Westphalian Ham

These hams are imported from Germany, and need no additional cooking. Cut in very thin slices for serving.

Broiled Pigs' Feet

Wipe, sprinkle with salt and pepper, and broil six to eight minutes. Serve with Maître d'Hôtel Butter or Sauce Piquante.

Fried Pigs' Feet

Wipe, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

Sausages

Cut apart a string of sausages. Pierce each sausage several times with a carving fork. Put in frying pan, cover with boiling water, and cook fifteen minutes; drain, return to frying pan, and fry until well browned. Serve with fried apples. Sausages are often broiled same as bacon and apples baked in pan under them.

Sausages à la Maître d'Hôtel

Cut apart a string of small sausages and pierce each several times with a fork. Put in a frying pan, cover with boiling water, and cook

ten minutes. Drain, return to pan and fry until well browned, turning frequently. Remove to hot platter, pour over Maître d'Hôtel Butter (see p. 325) and garnish with watercress.

Miss Daniel's Meat Loaf

1 pound fresh pork	1 cup milk
1 pound veal	1 tablespoon salt
2 pounds beef	⅛ teaspoon pepper
1 cup bread crumbs	3 eggs, slightly beaten

Chop meat finely, mix, and add remaining ingredients in order given. Shape into a loaf, put in pan, and lay across top six thin slices fat salt pork. Roast in a hot oven one and one-half hours, basting every ten minutes, at first with one-half cup hot water and after that has gone, with fat in pan. Remove to platter, pour around tomato or brown sauce, and garnish with parsley. One small onion, peeled and finely chopped, may be added.

German Loaf

1 pound ham	1 teaspoon pepper
1 pound fresh pork	2 teaspoons curry powder
1 clove garlic	1½ tablespoons sage
1 small onion	White 1 egg
1 tablespoon salt	⅓ cup cream

Force ham, pork, garlic, and onion through meat chopper. Add seasonings and again force through meat chopper; then add egg white and cream and mix thoroughly. Put four strips of uncooked ham fat on centre of square of cheesecloth, press mixture into shape, and place over fat. Roll in cheesecloth and tie. Place on trivet in kettle and add three quarts boiling water, one-fourth cup vinegar, and one teaspoon salt. Cover and let simmer two and one-half hours. Drain, cool, and put under a weight. Cut in thin slices for serving.

Boston Baked Beans

Pick over one quart pea beans, cover with cold water, and soak over night. In morning, drain, cover with fresh water, heat slowly (keeping water below boiling-point), and cook until skins will burst, — which is best determined by taking a few beans on the tip of a spoon and blowing on them, when skins will burst if sufficiently cooked. Beans thus tested must, of course, be thrown away. Drain beans. Scald rind of three-fourths pound fat salt pork, scrape, remove one-fourth

inch slice, and put in bottom of bean-pot. Cut through rind of remaining pork every one-half inch, making cuts one inch deep. Put beans in pot and bury pork in beans, leaving rind exposed. Mix one tablespoon salt, one tablespoon molasses, and three tablespoons sugar; add one cup boiling water, and pour over beans; then add enough more boiling water to cover beans. Cover bean-pot, put in oven, and bake slowly six or eight hours, uncovering the last hour of cooking, that rind may become brown and crisp. Add water as needed. Many feel sure that by adding with seasonings one-half tablespoon mustard, the beans are more easily digested. If pork mixed with lean is preferred, use less salt.

The fine reputation which Boston Baked Beans have gained has been attributed to the earthen bean-pot with small top and bulging sides in which they are supposed to be cooked. Equally good beans have often been eaten where a five-pound lard pail was substituted for the broken bean-pot.

Yellow-eyed beans are very good when baked.

Roast Fresh Ham

Remove bone from a fresh ham or fresh pork shoulder. Wipe meat, sprinkle with salt, and stuff. (Use Stuffing II, see p. 295.) Sew in shape and score fat. Place on rack in pan, dredge meat and bottom of pan with flour, and roast in a hot oven three hours, basting every fifteen minutes with fat in pan. Remove skin and brush outside of ham with one egg yolk diluted with two tablespoons cold water. Sprinkle with one-fourth cup fine bread crumbs mixed with one-fourth cup brown sugar and bake until well browned.

CHAPTER XVII

POULTRY AND GAME

POULTRY includes all domestic birds suitable for food except pigeon and squab. Examples: chicken, fowl, turkey, duck, goose, etc. Game includes such birds and animals suitable for food as are pursued and taken in field and forest. Examples: quail, partridge, wild duck, plover, deer, etc.

The flesh of chicken, fowl, and turkey has much shorter fibre than that of ruminating animals, and is not intermingled with fat, — the fat always being found in layers directly under the skin, and surrounding the intestines. Chicken, fowl, and turkey are nutritious, and chicken is specially easy of digestion. The white meat found on breast and wing is more readily digested than the dark meat. The legs, on account of constant motion, are of a coarser fibre and darker color.

Since incubators have been so much used for hatching chickens, small birds suitable for broiling may be always found in market. Chickens which appear in market during January weighing about one and one-half pounds are called *spring chickens*.

Fowl is found in market throughout the year, but is at its best from March until June.

Philadelphia at one time furnished our market with *capons*, but now other places raise equally good ones. They are very large, plump, and superior eating. At an early age they are deprived of the organs of reproduction, penned, and specially fatted for killing. They are recognized by the presence of head, tail, and wing feathers.

Turkeys are found in market throughout the year, but are best during the winter months. Tame ducks and geese are indigestible on account of the large quantity of fat they contain. Goose meat is thoroughly infiltrated with fat, containing sometimes forty to forty-five per cent. Pigeons, being old birds, need long, slow cooking to make them tender. Squabs (young pigeons) make a delicious tidbit for the convalescent, and are often the first meat allowed a patient by the physician.

The flesh of game, with the exception of wild duck and wild geese, is tender, contains less fat than poultry, is of a fine though strong flavor, and easy of digestion. Game meat is usually of dark color, partridge and quail being exceptions, and is usually cooked rare. Venison, the flesh of deer, is short-fibred, dark-colored, highly savored, tender, and easy of digestion; being highly savored, it often disagrees with those of weak digestion.

Geese are in market throughout the year, Massachusetts and Rhode Island furnishing specially good ones. A goose twelve weeks old is known as a *green goose*. They may be found in market from May to September. Young geese which appear in market September first and continue through December are called *goslings*. They have been hatched during May and June, and then fatted for market.

Young ducks, found in market about March first, are called *ducklings*. Canvasback Ducks have gained a fine reputation throughout the country, and are found in market from the last of November until March. Redhead Ducks are in season two weeks earlier, and are about as good eating as Canvasback Ducks, and much less in price. The distinctive flavor of both is due to the wild celery on which they feed. Many other kinds of ducks are found in market during the fall and winter. Examples: Widgeon, Mallard, Lake Erie Teal, Black Ducks, and Butterballs.

Fresh quail are in market from October fifteenth to January first, the law forbidding their being killed at any other time in the year. The same is true of partridge, but both are frozen and kept in cold storage several months. California sends frozen quail in large numbers to Eastern markets. Grouse (*prairie chicken*) are always obtainable, — fresh ones in the fall; later, those kept in cold storage. Plover may be bought from April until December.

To Select Poultry and Game. A *chicken* is known by soft feet, smooth skin, and soft cartilage at end of breastbone. An abundance of pinfeathers always indicates a young bird, while the presence of long hairs denotes age. In a *fowl* the feet have become hard and dry with coarse scales, and cartilage at end of breastbone has ossified. *Cock turkeys* are usually better eating than hen turkeys, unless hen turkey is young, small, and plump. A good turkey should be plump, have smooth, dark legs, and cartilage at end of breastbone soft and pliable. Good geese abound in pinfeathers. Small birds should be plump, have soft feet and pliable bills.

To Dress and Clean Poultry. Remove hairs and down by holding the bird over a flame (from gas, alcohol, or burning paper) and constantly changing position until all parts of surface have been exposed to flame; this is known as *singeing*. Cut off the head and draw out pinfeathers, using a small pointed knife. Cut through the skin around the leg one and one-half inches below the leg joint, care being taken not to cut tendons; place leg at this cut over edge of board, press downward to snap the bone, then take foot in right hand, holding bird firmly in left hand, and pull off foot, and with it the tendons. In old birds the tendons must be drawn separately, which is best accomplished by using a steel skewer. Make an incision through skin below breastbone, just large enough to admit the hand. With the hand remove entrails, gizzard, heart, and liver; the last three named constitute what is known as *giblets*. The gall bladder, lying on the under surface of the right lobe of the liver, is removed with liver, and great care must be taken that it is not broken, as a small quantity of the bile which it contains would impart a bitter flavor to the parts with which it came in contact. Enclosed by the ribs, on either side of backbone, may be found the lungs, of spongy consistency and red color. Care must be taken that every part of them is removed. Kidneys, lying in the hollow near end of backbone, must also be removed. By introducing first two fingers under skin close to neck, the windpipe may be easily found and withdrawn; also the crop, which will be found adhering to skin close to breast. Draw down neck skin, and cut off neck close to body, leaving skin long enough to fasten under the back. Remove oil bag, and wash bird by allowing cold water to run through it, not allowing bird to soak in cold water. Wipe inside and outside, looking carefully to see that everything has been withdrawn. If there is disagreeable odor, suggesting that fowl may have been kept too long, clean at once, wash inside and out with soda water, and sprinkle inside with charcoal, and place some under wings.

Poultry dressed at market seldom have tendons removed unless so ordered. It is always desirable to have them withdrawn, as they become hard and bony during cooking. It is the practice of marketmen to cut a gash through the skin to easier reach crop and windpipe. This gash must be sewed before stuffing, and causes the bird to look less attractive when cooked.

To Cut up a Fowl. Singe, draw out pinfeathers, cut off head, remove tendons and oil bag. Cut through skin between leg and body close to

body, bend back leg (thus breaking ligaments), cut through flesh, and separate at joint. Separate the upper part of leg, *second joint*, from lower part of leg, *drumstick*, as leg is separated from body. Remove wing by cutting through skin and flesh around upper wing-joint which lies next to body, then disjoint from body. Cut off tip of wing and separate wing at middle joint. Remove leg and wing from other side. Separate breast from back by cutting through skin, beginning two inches below breastbone and passing knife between terminus of small ribs on either side and extending cut to collar bone. Before removing entrails, gizzard, heart, liver, lungs, kidneys, crop, and windpipe, observe their position, that the anatomy of the bird may be understood. The back is sometimes divided by cutting through the middle crosswise. The wishbone, with adjoining meat, is frequently removed, and the breast meat may be separated in two parts by cutting through flesh close to breastbone with cleaver. Wipe pieces, excepting back, with cheesecloth wrung out of cold water. Back piece needs thorough washing.

To Clean Giblets. Remove thin membrane, arteries, veins, and clotted blood around heart. Separate gall bladder from liver, cutting off any of liver that may have a greenish tinge. Cut fat and membranes from gizzard. Make a gash through thickest part of gizzard, and cut as far as inner lining, being careful not to pierce it. Remove the inner sack and discard. Wash giblets and cook until tender, with neck and tips of wings, putting them in cold water and heating water quickly that some of the flavor may be drawn out into stock, which is to be used for making gravy.

To Stuff Poultry. Put stuffing by spoonfuls in neck end, using enough to sufficiently fill the skin, that bird may look plump when served. When cracker stuffing is used, allowance must be made for the swelling of crackers, otherwise skin may burst during cooking. Put remaining stuffing in body; if the body is full, sew skin; if not full, bring skin together with a skewer.

To Truss Fowl. Draw thighs close to body and hold by inserting a steel skewer under middle joint running it through body, coming out under middle joint on other side. Cut piece three-fourths inch wide from neck skin, and with it fasten legs together at ends; or cross drumsticks, tie securely with a long string, and fasten to tail. Place wings close to body and hold them by inserting a second skewer through wing, body, and wing on opposite side. Draw neck skin under back

and fasten with a small wooden skewer. Turn bird on its breast. Cross string attached to tail piece and draw it around each end of lower skewer; again cross string and draw around each end of upper skewer; fasten string in a knot and cut off ends. In birds that are not stuffed legs are often passed through incisions cut in body under bones near tail.

To Dress Birds for Broiling. Singe, wipe, and with a sharp-pointed knife, beginning at back of neck, make a cut through backbone the entire length of bird. Lay open the bird and remove contents from inside. Cut out rib bones on either side of backbone, remove from breastbone, then cut through tendons at joints.

To Fillet a Chicken. Remove skin from breast, and with a small sharp knife begin at end of collar-bone and cut through flesh, following close to wish and breast bones the entire length of meat. Raise flesh with fingers, and with knife free the piece of meat from bones which lie under it. Cut meat away from wing joint; this solid piece of breast meat is known as a *fillet.* This meat is easily separated in two parts. The upper, larger part is called the *large fillet;* the lower part the *mignon fillet.* The tough skin on the outside of large fillet should be removed, also the sinew from mignon fillet. To remove tough skin, place large fillet on a board, upper side down, make an incision through flesh at top of fillet, and cut entire length of fillet, holding knife as close to skin as possible. Trim edges, that fillet may look shapely.

Broiled Chicken

Dress for broiling, following directions given above. Sprinkle with salt and pepper, and place in a well-greased broiler. Broil twenty minutes over a clear fire, watching carefully and turning broiler so that all parts may be equally browned. The flesh side must be exposed to the fire the greater part of time, as the skin side will brown quickly. Remove to a hot platter, spread with soft butter, and sprinkle with salt and pepper. Chickens are so apt to burn while broiling that many prefer to partially cook in oven. Place chicken in dripping pan, skin side down, sprinkle with salt and pepper, dot over with butter, and bake fifteen minutes in hot oven; then broil to finish cooking.

Guinea chickens are becoming popular cooked in this way.

Boiled Fowl

Dress, clean, and truss a four-pound fowl, tie in cheesecloth, place on trivet in a kettle, half surround with boiling water, cover, and cook

slowly until tender, turning occasionally. Add salt the last hour of cooking. Serve with Egg, Oyster, or Celery Sauce. It is not desirable to stuff a boiled fowl.

Boiled Capon with Cauliflower Sauce

Prepare and cook a capon same as Boiled Fowl, and serve surrounded with Cauliflower Sauce and garnished with parsley.

Chicken à la Providence

Prepare and boil a chicken, following recipe for Boiled Fowl. The liquor should be reduced to two cups, and used for making sauce, with two tablespoons each butter and flour cooked together. Add to sauce one-half cup each of cooked carrot (cut in fancy shapes) and green peas, one teaspoon lemon juice, yolks two eggs, salt, and pepper. Place chicken on hot platter, surround with sauce, and sprinkle chicken and sauce with one-half tablespoon finely chopped parsley.

Stewed Chicken with Onions

Dress, clean, and cut in pieces for serving, two chickens. Cook in a small quantity of water with eighteen tiny young onions. Remove chicken to serving dish as soon as tender, and when onions are soft drain from stock and reduce stock to one and one-half cups. Make sauce of three tablespoons butter, four tablespoons flour, stock, and one-half cup heavy cream; then add yolks three eggs, salt, pepper, and lemon juice to taste. Pour sauce over chicken and onions.

Chicken à la Stanley

Melt one-fourth cup butter, add one large onion thinly sliced, and two broilers cut in pieces for serving; cover, and cook slowly ten minutes; then add one cup Chicken Stock, and cook until meat is tender. Remove chickens, rub stock and onions through a sieve, and add one and one-half tablespoons each butter and flour cooked together. Add cream to make sauce of the right consistency. Season with salt and pepper. Arrange chicken on serving dish, pour around sauce, and garnish dish with bananas cut in diagonal slices dipped in flour and sautéed in butter.

Chili Con Carni

Clean, singe, and cut in pieces for serving, two young chickens. Season with salt and pepper, and sauté in butter. Remove seeds and veins from eight red peppers, cover with boiling water, and cook until

soft; mash, and rub through a sieve. Add one teaspoon salt, one onion finely chopped, two cloves of garlic finely chopped, the chicken, and boiling water to cover. Cook until chicken is tender. Remove to serving dish, and thicken sauce with three tablespoons each butter and flour cooked together; there should be one and one-half cups sauce. Canned pimientos may be used in place of red peppers

Roast Chicken

Dress, clean, stuff, and truss a chicken. Place on its back on rack in a dripping pan, rub entire surface with salt, and spread breast and legs with three tablespoons butter, rubbed until creamy and mixed with two tablespoons flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour is well browned, reduce the heat, then baste. Continue basting every ten minutes until chicken is cooked. For basting, use one-fourth cup butter, melted in two-thirds cup boiling water, and after this is gone, use fat in pan, and when necessary to prevent flour burning, add one cup boiling water. During cooking, turn chicken frequently, that it may brown evenly. If a thick crust is desired, dredge bird with flour two or three times during cooking. If a glazed surface is preferred, spread bird with butter, omitting flour, and do not dredge during baking. When breast meat is tender, bird is sufficiently cooked. A four-pound chicken requires about one and one-half hours.

Stuffing I

2 cups cracker crumbs
2 cups soft bread crumbs
1⅓ cups butter
1⅓ cups boiling water
Salt
Pepper
Powdered sage

Melt butter in water and pour over crumbs. Season to taste.

Stuffing II

2 cups cracker crumbs
2 cups soft bread crumbs
1 cup butter
Salt
Pepper
Poultry seasoning
2 cups scalded milk
2 eggs

Make same as Stuffing I, adding eggs, slightly beaten.

Gravy

Pour off liquid in pan in which chicken has been roasted. From liquid skim off four tablespoons fat; return fat to pan, and brown

with four tablespoons flour; add two cups stock in which giblets, neck, and tips of wings have been cooked. Cook five minutes, season with salt and pepper, then strain. The remaining fat may be used, in place of butter, for frying potatoes, or for basting when roasting another chicken.

For **Giblet Gravy**, add to the above, giblets (heart, liver, and gizzard) finely chopped.

Braised Chicken

Dress, clean, and truss a four-pound fowl. Try out two slices fat salt pork cut one-fourth inch thick; remove scraps, and add to fat five slices carrot cut in small cube, one-half sliced onion, two sprigs thyme, one sprig parsley, and one bay leaf, then cook ten minutes; add two tablespoons butter, and fry fowl, turning often until surface is well browned. Place on trivet in a deep pan, pour over fat, and add two cups boiling water or Chicken Stock. Cover, and bake in slow oven until tender, basting often, and adding more water if needed. Serve with a sauce made from stock in pan, first straining and removing the fat.

Chicken Fricassee

Dress, clean, and cut up a fowl. Put in a kettle, cover with boiling water, and cook slowly until tender, adding salt to water when chicken is about half done. Remove from water, sprinkle with salt and pepper, dredge with flour, and sauté in butter or pork fat. Arrange chicken on pieces of dry toast placed on a hot platter, having wings and second joints opposite each other, breast in centre of platter, and drumsticks crossed just below second joints. Pour around White or Brown Sauce. Reduce stock to two cups, strain, and remove the fat. Melt three tablespoons butter, add four tablespoons flour, and pour on gradually one and one-half cups stock. Just before serving, add one-half cup cream, and salt and pepper to taste; or make a sauce by browning butter and flour and adding two cups stock, then seasoning with salt and pepper.

Fowls, which are always made tender by long cooking, are frequently utilized in this way. If chickens are employed, they are sautéed without previous boiling, and allowed to simmer fifteen to twenty minutes in the sauce.

Fried Chicken

Fried chicken is prepared and cooked same as Chicken Fricassee, with Brown Sauce, chicken always being used, never fowl.

Fried Chicken (Southern Style)

Clean, singe, and cut in pieces for serving, two young chickens. Plunge in cold water, drain but do not wipe. Sprinkle with salt and pepper, and coat thickly with flour, having as much flour adhere to chicken as possible. Try out one pound fat salt pork cut in pieces, and cook chicken slowly in fat until tender and well browned. Serve with White Sauce made of half milk and half cream.

Maryland Chicken

Dress, clean, and cut up two young chickens. Sprinkle with salt and pepper, dip in flour, egg, and soft crumbs, place in a well-greased dripping pan, and bake thirty minutes in a hot oven, basting after first five minutes of cooking with one-third cup melted butter. Arrange on platter and pour over two cups Cream Sauce.

Blanketed Chicken

Split and clean two broilers. Place in dripping pan and sprinkle with salt, pepper, two tablespoons green pepper finely chopped, and one tablespoon chives finely cut. Cover with strips of bacon thinly cut, and bake in a hot oven until chicken is tender. Remove to serving dish and pour around the following sauce:

To three tablespoons fat, taken from dripping pan, add four tablespoons flour and one and one-half cups thin cream, or half chicken stock and half cream may be used. Season with salt and pepper.

Chicken à la Merango

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in salt pork fat. Put in a stewpan, cover with sauce, and cook slowly until chicken is tender. Add one-half can mushrooms cut in quarters, and cook five minutes. Arrange chicken on serving dish and pour around sauce; garnish with parsley.

Sauce

¼ cup butter
1 tablespoon finely chopped onion
1 slice carrot, cut in cubes
1 slice turnip, cut in cubes
¼ cup flour
2 cups boiling water
½ cup stewed and strained tomato
1 teaspoon salt
⅛ teaspoon pepper
Few grains cayenne

Cook butter five minutes with vegetables. Add flour, with salt, pepper, and cayenne, and cook until flour is well browned. Add gradually water and tomato; cook five minutes, then strain.

Baked Chicken

Dress, clean, and cut up two chickens. Place in a dripping pan, sprinkle with salt and pepper, dredge with flour, and dot over with one-fourth cup butter. Bake thirty minutes in a hot oven, basting every five minutes with one-fourth cup butter melted in one-fourth cup boiling water. Serve with gravy made by using fat in pan, one-fourth cup flour, one cup each Chicken Stock and cream, salt, and pepper.

Planked Chicken

¼ cup butter
Red pepper, Green pepper, Parsley — ¼ tablespoon each, finely chopped
Duchess potatoes
1 teaspoon finely chopped onion
½ clove garlic, finely chopped
1 teaspoon lemon juice
8 mushroom caps

Cream the butter, add pepper, parsley, onion, garlic, and lemon juice. Split a young chicken as for broiling, place in dripping pan, sprinkle with salt and pepper, dot over with butter, and bake in a hot oven until nearly cooked. Butter plank, arrange a border of Duchess Potatoes (see p. 375), close to edge of plank, and remove chicken to plank. Clean, peel, and sauté mushroom caps, place on chicken, spread over prepared butter, and put in a very hot oven to brown potatoes and finish cooking chicken. Serve on the plank.

Chicken Gumbo

Dress, clean, and cut up a chicken. Sprinkle with salt and pepper, dredge with flour, and sauté in pork fat. Fry one-half finely chopped onion in fat remaining in frying pan. Add four cups sliced okra, sprig of parsley, and one-fourth red pepper finely chopped, and cook slowly fifteen minutes. Add to chicken, with one and one-half cups tomato, three cups boiling water, and one and one-half teaspoons salt. Cook slowly until chicken is tender, then add one cup boiled rice.

Chicken Stew

Dress, clean, and cut up a fowl. Put in a stewpan, cover with boiling water, and cook slowly until tender, adding one-half tablespoon

salt and one-eighth teaspoon pepper when fowl is about half cooked. Thicken stock with one-third cup flour diluted with enough cold water to pour easily. Serve with Dumplings. If desired richer, butter may be added.

Chicken Pie

Dress, clean, and cut up two fowls or chickens. Put in a stewpan with one onion, cover with boiling water, and cook slowly until meat is tender. When chicken is half cooked, add one-half tablespoon salt and one-eighth teaspoon pepper. Remove chicken, strain stock, skim off fat, and then cook until reduced to four cups. Thicken stock with one-third cup flour diluted with enough cold water to pour easily. When boiling-point is reached add three tablespoons butter, bit by bit, and more salt if necessary. Place a small cup in centre of baking dish, arrange around it pieces of chicken, removing some of the larger bones; pour over gravy, and cool. Cover with pie-crust in which several incisions have been made, that there may be an outlet for escape of steam and gases. Wet edge of crust and put around a rim, having rim come close to edge. Bake in a moderate oven until crust is well risen and browned. Roll remnants of pastry and cut in diamond-shaped pieces, bake, and serve with pie when reheated. If puff paste is used, it is best to bake top separately.

Chicken Pie, Country Style

Cook same as Chicken Pie and put in baking dish. Cover with a baking-powder crust one-half inch in thickness from the centre of which a circular piece two inches in diameter has been removed. Roll remaining dough, one-fourth inch in thickness, in rectangular shape, cut in thirds lengthwise and braid strips. Put around opening in crust, and bake in a hot oven. Remove to plate and arrange a paper collar around dish.

Baking-Powder Crust. Mix and sift three cups bread flour, two tablespoons baking powder and one and one-half teaspoons salt. Work in three tablespoons each butter and lard, using the tips of the fingers; then add one and one-fourth cups milk.

Chicken Curry

3 lb. chicken	1 tablespoon curry powder
½ cup butter	2 teaspoons salt
2 onions	1 teaspoon vinegar

Clean, dress, and cut chicken in pieces for serving. Put butter in a hot frying pan, add chicken, and cook ten minutes; then add liver and gizzard and cook ten minutes longer. Cut onions in thin slices, and add to chicken with curry powder and salt. Add enough boiling water to cover, and simmer until chicken is tender. Remove chicken; strain, and thicken liquor with flour diluted with enough cold water to pour easily. Pour gravy over chicken, and serve with a border of rice or Turkish Pilaf.

Chicken en Casserole I

Cut two small, young chickens in pieces for serving. Season with salt and pepper, brush over with melted butter, and bake in a casserole dish twelve minutes. Parboil one-third cup carrots cut in strips five minutes, drain, and fry with one tablespoon finely chopped onion and four thin slices bacon cut in narrow strips. Add one and one-third cups Brown Sauce and two-thirds cup potato balls. Add to chicken, and season with salt and pepper. Cook in a moderate oven twenty minutes, or until chicken is tender.

Chicken en Casserole II

Dress and clean a young, tender fowl and cut in pieces for serving. Spread with one-third cup butter, put in a casserole, and sprinkle with salt and pepper. Pour over one cup boiling water, cover, and cook until chicken is tender, the time required being about one hour. Add one cup cream and two cups fresh mushroom caps, broken in pieces. Cook ten minutes and thicken with one tablespoon flour, diluted with two tablespoons water.

Breslin Potted Chicken

Dress, clean, and truss two broilers. Put in a casserole dish, brush over with two and one-half tablespoons melted butter, put on cover, and bake twenty minutes; then add one cup stock and cook until chicken is tender. Thicken stock with one tablespoon, each, butter and flour cooked together, and add one-half cup cooked potato balls, one-third cup canned string beans, cut in small pieces, one-third cup cooked carrot, cut in fancy shapes, and six sautéed mushroom caps.

Jellied Chicken

Dress, clean, and cut up a four-pound fowl. Put in a stewpan with two slices onion, cover with boiling water, and cook slowly until meat

falls from bones. When half cooked, add one-half tablespoon salt. Remove chicken; reduce stock to three-fourths cup, strain, and skim off fat. Decorate bottom of a mould with parsley and slices of hard-boiled eggs. Pack in meat freed from skin and bone and sprinkled with salt and pepper. Pour on stock and place mould under heavy weight. Keep in a cold place until firm. In summer it is necessary to add one teaspoon dissolved granulated gelatine to stock.

Moulded Jellied Chicken

Wipe a knuckle of veal, put in soup kettle, cover with cold water and bring to boiling-point; then add a six-pound fowl, and cook until meat is tender, adding, the last hour of cooking, one teaspoon salt. Remove fowl and put aside to cool, when it should be cut in slices. Force lean meat from veal through meat chopper; there should be one and one-half cups. Let stock simmer until reduced to two cups; then add one-fourth teaspoon salt, one-eighth teaspoon pepper and a few drops onion juice; cool and clear.

Add to veal one cup stock and season to taste, with salt, paprika, onion, and lemon juice. When well mixed add one cup celery, cut in small pieces.

Place a bread pan in pan of ice-water, pour in stock one-eighth inch deep; when firm decorate with whites and yolks of hard-boiled eggs, canned pimientos, cut in fancy shapes, and fresh mint leaves. Add remaining stock by spoonfuls, lest the decoration be disarranged. When firm, add alternate layers of veal and sliced chicken until all is used. Cover top layer with buttered paper; on this place pan and weight. Let stand for several hours or over night in ice box. Remove from pan to serving dish and garnish with cress.

Smothered Chicken, Swedish Style

Dress, clean, and split two young, small broilers. Sprinkle inside and outside with salt and pepper, dredge outside sparingly with flour, and fold over. Heat a Scotch kettle, pour in one cup heavy cream and add chickens. Cook until chickens are well browned, turning frequently, and adding more cream as necessary. Cover and cook until chickens are tender and remove to hot platter. To three tablespoons fat remaining in kettle add three tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one and one-half cups chicken stock and one-half cup cream. Bring to the

boiling-point, season with salt and pepper, and strain. Pour around broilers and garnish with parsley.

Chicken Paprika

Dress, clean and cut two chickens in pieces for serving; then sprinkle with salt and pepper. Cook four and one-half tablespoons butter with one-half onion finely chopped, fifteen minutes, stirring almost constantly to prevent burning. Add chicken, sprinkle with four and one-half tablespoons flour, mixed and sifted with one teaspoon paprika, and pour over one and one-half cups chicken stock. Bring to the boiling-point and let simmer twenty minutes, adding more chicken stock if necessary. Remove to casserole dish, cover, and cook until chicken is tender.

Delmonico's Devilled Chicken

Wipe a chicken, dressed same as for broiling, sprinkle with salt and pepper, place in a well-greased broiler and broil over a clear fire eight minutes. Remove to pan and rub over with the following mixture: Cream four tablespoons butter and add one teaspoon made mustard, one-half teaspoon salt, one teaspoon vinegar and one-half teaspoon paprika. Sprinkle with three-fourths cup buttered, soft bread crumbs and bake until chicken is tender and crumbs are browned.

Planked Boned Chicken

Bone a chicken, sprinkle with salt and pepper, dredge with flour and dot over with two tablespoons butter. Put in a buttered pan and bake in a moderate oven thirty-five minutes. Pipe around plank brushed over with melted butter, a border of mashed sweet potatoes. Put chicken on plank and bake until potato is re-heated and well browned. Garnish with Saratoga Potatoes, Hominy and Horseradish Croquettes, sautéed sliced mushroom caps, and sprig of parsley.

Knickerbocker Suprême of Chicken

Remove breast meat from three young chickens and trim into cutlet shape. Sprinkle with salt and pepper, dip in heavy cream, roll in flour and sauté in butter until delicately browned. Arrange in pan, dot over with two tablespoons butter, cover with buttered paper, and bake ten minutes, or until tender. Remove to cutlet-shaped pieces thinly-sliced hot broiled ham, garnish top of each with three asparagus tips, and pour around the following sauce: Melt three and one-half

Breslin Potted Chicken in Casserole Dish. — *Page 300.*

Roast Turkey, garnished for Serving. — *Page 304.*

Duck stuffed and trussed for Roasting. — *Page 308.*

Stuffed Egg Plant. — *Page 352.*

tablespoons butter, add three and one-half tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken stock and one-half cup cream; bring to the boiling-point, and add one-half teaspoon salt, one-eighth teaspoon paprika, and yolk one egg slightly beaten. Sautéed mushroom caps, arranged overlapping one another, lengthwise of centre of dish, adds to the attractive appearance of this dish.

Larded Breasts of Guinea Chicken

Remove breasts from bird, leaving wing joints attached, and scrape and trim bones. Lard upper side of breasts, using four lardoons to each. Put in dripping pan, sprinkle with salt and pepper, dredge with flour, and brush over with cream. Bake in a hot oven thirty minutes, basting three times with fat in pan. Remove to thin slices of hot, fried or broiled ham and serve with Brown Nut Sauce (see p. 324). Put frills on bones and garnish with potato balls and pastry boats filled with Asparagus Mousselaine.

Chickens' Livers with Madeira Sauce

Clean and separate livers, sprinkle with salt and pepper, dredge with flour, and sauté in butter. Brown two tablespoons butter, add two and one-half tablespoons flour, and when well browned add gradually one cup Brown Stock; then add two tablespoons Madeira wine, and reheat livers in sauce.

Chickens' Livers with Bacon

Clean livers and cut each liver in six pieces. Wrap a thin slice of bacon around each piece and fasten with a small skewer. Put in a broiler, place over a dripping pan, and bake in a hot oven until bacon is crisp, turning once during cooking.

Sautéed Chickens' Livers

Cut one slice bacon in small pieces and cook five minutes with two tablespoons butter. Remove bacon, add one finely chopped shallot, and fry two minutes; then add six chickens' livers cleaned and separated, and cook two minutes. Add two tablespoons flour, one cup Brown Stock, one teaspoon lemon juice, and one-fourth cup sliced mushrooms. Cook two minutes, turn into a serving dish, and sprinkle with finely-chopped parsley.

Chickens' Livers with Curry

Clean and separate livers. Dip in seasoned crumbs, egg, and crumbs, and sauté in butter. Remove livers, and to fat in pan add two tablespoons butter, one-half tablespoon finely chopped onion, and cook five minutes. Add two tablespoons flour mixed with one-half teaspoon curry powder and one cup stock. Strain sauce over livers, and serve around livers Rice Timbales.

Chickens' Livers en Brochette

Cut each liver in four pieces. Alternate pieces of liver and pieces of thinly-sliced bacon on skewers, allowing one liver and five pieces of bacon for each skewer. Balance skewers in upright positions on rack in dripping pan. Bake in a hot oven until bacon is crisp. Serve garnished with watercress.

Boiled Turkey

Prepare and cook same as Boiled Fowl. Serve with Oyster or Celery Sauce.

Roast Turkey

Dress, clean, stuff, and truss a ten-pound turkey (see pages 291–293). Place on its side on rack in a dripping pan, rub entire surface with salt, and spread breast, legs, and wings with one-third cup butter, rubbed until creamy and mixed with one-fourth cup flour. Dredge bottom of pan with flour. Place in a hot oven, and when flour on turkey begins to brown, reduce heat, and baste every fifteen minutes until turkey is cooked, which will require about three hours. For basting use one-half cup butter melted in one-half cup boiling water and after this is used baste with fat in pan. Pour water in pan during the cooking as needed to prevent flour from burning. During cooking turn turkey frequently, that it may brown evenly. If turkey is browning too fast, cover with buttered paper to prevent burning. Remove string and skewers before serving. Garnish with parsley, or celery tips, or curled celery and rings and discs of carrots strung on fine wire.

For stuffing, use double the quantities given in recipe for Roast Chicken, Stuffing I or II (see p. 295).

Gravy

Pour off liquid in pan in which turkey has been roasted. From liquid skim off six tablespoons fat; return fat to pan and brown with six tablespoons flour; pour on gradually three cups stock in which giblets, neck, and tips of wings have been cooked, or use liquor left in pan. Cook five minutes, season with salt and pepper; strain. For Giblet Gravy add to the above, giblets (heart, liver, and gizzard) finely chopped.

Chestnut Gravy

To two cups thin Turkey Gravy add three-fourths cup cooked and mashed chestnuts.

To Carve Turkey

Bird should be placed on back, with legs at right of platter for carving. Introduce carving fork across breastbone, hold firmly in left hand, and with carving knife in right hand cut through skin between leg and body, close to body. With knife pull back leg and disjoint from body. Then cut off wing. Remove leg and wing from other side. Separate second joints from drum-sticks, and divide wings at joints. Carve breast meat in thin crosswise slices. Under back on either side of backbone may be found two small, oyster-shaped pieces of dark meat, which are dainty tidbits. Chicken and fowl are carved in the same way. For a small family carve but one side of a turkey, that remainder may be left in better condition for second serving.

TURKEY STUFFINGS

New England Stuffing

1 small stale baker's loaf
Hot water
⅓ cup fat salt pork
1 egg
Salt and pepper
Sage

Remove outside crusts from bread. Cut bread in slices and toast until delicately browned; then put in chopping bowl and chop while adding hot water to moisten. Add pork finely chopped, egg well beaten and seasonings to taste.

Fall River Stuffing

Put turkey giblets in saucepan and cover with one quart cold water. Place on range and heat gradually until boiling-point is reached;

then let simmer until giblets are tender. The liver will cook in less time than the heart and gizzard, and should be removed as soon as done. Split and spread sixteen common crackers with butter, allowing one-half tablespoonful to each half-cracker. Pour over crackers two and three-fourths cupfuls of stock in which giblets were cooked. As soon as crackers have absorbed stock, add giblets chopped and seasoned with salt and pepper. Summer savory, sage, or marjoram may be added as desired.

Swedish Stuffing

2 cups stale bread crumbs
⅔ cup melted butter
½ cup raisins seeded
1 teaspoon salt
⅛ teaspoon pepper
½ teaspoon sage
½ cup English walnut meats

Mix ingredients in the order given; raisins should be cut in pieces and nut meats broken in pieces.

Bread and Celery Stuffing

3½ cups baker's stale bread crumbs
1 cup boiling water
1 tablespoon poultry seasoning
1½ teaspoons salt
¼ teaspoon pepper
¾ cup finely cut celery
½ cup melted butter

Pour water over bread and let stand twenty minutes; then squeeze out all the water that is possible. Add remaining ingredients and mix thoroughly.

Oyster Stuffing

1½ cups stale bread crumbs
1½ cups cracker crumbs
½ cup melted butter
1 pint oysters
¼ cup oyster liquor
2½ teaspoons salt
½ teaspoon pepper
¼ teaspoon mace

Mix bread and cracker crumbs and add melted butter, oysters washed and bearded, oyster liquor, and seasonings. To beard oysters remove and discard tough muscles.

Sausage Stuffing

1 small onion
2 tablespoons butter
½ pound sausage meat
4 dozen French chestnuts
2 teaspoons salt
¼ teaspoon pepper
⅛ teaspoon powdered thyme
2 teaspoons parsley, finely chopped
2 ounces fresh bread crumbs

Finely chop onion and cook in butter three minutes; then add sausage meat and cook five minutes. Boil chestnuts and mash one-half. Add to first mixture with remaining ingredients, and when thoroughly blended add whole chestnuts.

Potato Stuffing

2 cups hot mashed potato
2 cups cracker crumbs
$\frac{1}{3}$ cup melted butter
$\frac{1}{3}$ cup sausage fat
Giblets
Hot water
Salt and pepper
Sage

Mix first four ingredients in the order given. Add one-half cup giblets, cooked and finely chopped. Moisten with hot water and add seasonings to taste.

Chestnut Stuffing

3 cups French chestnuts
$\frac{1}{2}$ cup butter
1 teaspoon salt
$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup cream
1 cup cracker crumbs

Shell and blanch chestnuts. Cook in boiling salted water until soft. Drain and mash, using a potato ricer. Add one-half the butter, salt, pepper, and cream. Melt remaining butter, mix with cracker crumbs, then combine mixtures.

Roast Goose with Potato Stuffing

Singe, remove pinfeathers, wash, and scrub a goose in hot soapsuds; then draw (which is removing inside contents). Wash in cold water and wipe. Stuff, truss, sprinkle with salt and pepper, and lay six thin strips fat salt pork over breast. Place on rack in dripping pan, put in hot oven, and bake two hours. Baste every fifteen minutes with fat in pan. Remove pork last half-hour of cooking. Place on platter, cut string, and remove string and skewers. Garnish with watercress and bright red cranberries. Serve with Apple Sauce.

Potato Stuffing

2 cups hot mashed potato
$1\frac{1}{4}$ cups soft stale bread crumbs
$\frac{1}{4}$ cup finely chopped fat salt pork
1 finely chopped onion
$\frac{1}{3}$ cup butter
1 egg
$1\frac{1}{2}$ teaspoons salt
1 teaspoon sage

Add to potato, bread crumbs, butter, egg, salt, and sage; then add pork and onion.

Goose Stuffing (Chestnut)

½ tablespoon finely chopped shallot
3 tablespoons butter
¼ lb. sausage meat
12 canned mushrooms, finely chopped
1 cup chestnut purée
⅓ cup stale bread crumbs
½ tablespoon finely chopped parsley
24 French chestnuts cooked and left whole
Salt and pepper

Cook shallot with butter five minutes, add sausage meat, and cook two minutes, then add mushrooms, chestnut purée, parsley, and salt and pepper. Heat to boiling-point, add bread crumbs and whole chestnuts. Cool mixture before stuffing goose.

To Truss a Goose

A goose, having short legs, is trussed differently from chicken, fowl, and turkey. After inserting skewers, wind string twice around one leg bone, then around other leg bone, having one inch space of string between legs. Draw legs with both ends of string close to back, cross string under back, then fasten around skewers and tie in a knot.

Roast Wild Duck

Dress and clean a wild duck and truss as goose. Place on rack in dripping pan, sprinkle with salt and pepper, and cover breast with two very thin slices fat salt pork. Bake twenty to thirty minutes in a very hot oven, basting every five minutes with fat in pan; cut string and remove string and skewers. Serve with Orange or Olive Sauce. Currant jelly should accompany a duck course. Domestic ducks should always be well cooked, requiring little more than twice the time allowed for wild ducks.

Ducks are sometimes stuffed with apples, pared, cored, and cut in quarters, or three small onions may be put in body of duck to improve flavor. Neither apples nor onions are to be served. If a stuffing to be eaten is desired, cover pieces of dry bread with boiling water; as soon as bread has absorbed water, press out the water; season bread with salt, pepper, melted butter, finely chopped onion, or use

Duck Stuffing (Peanut)

¾ cup cracker crumbs
½ cup shelled peanuts, finely chopped
⅓ cup heavy cream
2 tablespoons butter
Few drops onion juice
Salt and pepper
Cayenne

Mix ingredients in order given.

Braised Duck

Tough ducks are sometimes steamed one hour, and then braised same as chicken.

Broiled Quail

Follow recipe for Broiling Chicken, allowing eight minutes for cooking. Serve on pieces of toast, and garnish with parsley and thin slices of lemon. Currant jelly or Rice Croquettes with Jelly should accompany this course.

Sautéed Quail à la Moquin

Dress, clean, and truss six quail. Put in a copper saucepan one-half cup butter, two finely chopped shallots, two cloves garlic, finely chopped, one-half bayleaf, one teaspoon peppercorns and two cloves, and cook, stirring constantly, eight minutes. Sauté quail in mixture until well browned. Pour over one pint white wine and let simmer thirty minutes. Remove quail, strain sauce into casserole, and add slowly one pint heavy cream. Season with one-half teaspoon salt, one-eighth teaspoon pepper, a few grains cayenne, and one teaspoon finely cut chives. Put quail in casserole, cover and heat to the boiling-point. Serve in casserole.

Roast Quail

Dress, clean, lard, and truss a quail. Bake same as Larded Grouse, allowing fifteen to twenty minutes for cooking.

Larded Grouse

Clean, remove pinions, and if it be tough, the skin covering breast. Lard breast and insert two lardoons in each leg. Truss, and place on trivet in small shallow pan; rub with salt, brush over with melted butter, dredge with flour, and surround with trimmings of fat salt pork. Bake twenty to twenty-five minutes in a hot oven, basting three times. Arrange on platter, remove string and skewers, pour around Bread Sauce, and sprinkle bird and sauce with coarse brown bread crumbs. Garnish with parsley.

Breast of Grouse Sauté Chasseur

Remove breasts from pair of grouse, and sauté in butter. When partially cooked, season with salt and pepper. Break carcasses in

pieces, cover with cold water, add carrot, celery, onion, parsley, and bay leaf, and cook until stock is reduced to three-fourths cup. Arrange grouse on a serving dish, and pour around a sauce made of three tablespoons butter, four and one-half tablespoons flour, stock made from grouse, and three-fourths cup stewed and strained tomatoes. Season with salt, cayenne, and lemon juice, and add one teaspoon finely chopped parsley, and one-half cup canned mushrooms cut in slices.

Broiled or Roasted Plover

Plover is broiled or roasted same as quail.

Potted Pigeons

Clean, stuff, and truss six pigeons, place upright in a stewpan, and add one quart boiling water in which celery has been cooked. Cover, and cook slowly three hours or until tender; or cook in oven in a covered earthen dish. Remove from water, cool slightly, sprinkle with salt and pepper, dredge with flour, and brown entire surface in pork fat. Make a sauce with one-fourth cup, each, butter and flour cooked together and stock remaining in pan; there should be two cups. Place each bird on a slice of dry toast, and pour gravy over all. Garnish with parsley.

Stuffing

1 cup hot riced potatoes
¼ teaspoon salt
⅛ teaspoon pepper
½ teaspoon marjoram or summer savory
Few drops onion juice
1 tablespoon butter
¼ cup soft stale bread crumbs soaked in some of the celery water and wrung in cheesecloth
Yolk 1 egg

Mix ingredients in order given.

Broiled Venison Steak

Follow recipe for Broiled Beefsteak. Serve with Maître d'Hôtel Butter. Venison should always be cooked rare.

Venison Steaks, Sautéed, Cumberland Sauce

Cut venison steaks in circular pieces and use trimmings for the making of stock. Sauté steaks in hot buttered frying pan and serve with Cumberland Sauce. Soak two tablespoons citron, cut in julienne-shaped pieces, two tablespoons glacéd cherries, and one tablespoon

Sultana raisins, in Port wine for several hours. Drain and cook fruit five minutes in one-third cup Port wine. Add one-half tumbler currant jelly, and, as soon as jelly is dissolved, add one and one-third cups Brown Sauce, and two tablespoons shredded almonds.

Venison Steak, Chestnut Sauce

Wipe steak, sprinkle with salt and pepper, place on a greased broiler, and broil five minutes. Remove to hot platter and pour over

Chestnut Sauce. Fry one-half onion and six slices carrot, cut in small pieces, in two tablespoons butter, five minutes, add three tablespoons flour, and stir until well browned; then add one and one-half cups Brown Stock, a sprig of parsley, a bit of bay leaf, eight peppercorns, and one teaspoon salt. Let simmer twenty minutes, strain, then add three tablespoons Madeira wine, one cup boiled French chestnuts, and one tablespoon butter.

Venison Cutlets

Clean and trim slices of venison cut from loin. Sprinkle with salt and pepper, brush over with melted butter or olive oil, and roll in soft stale bread crumbs. Place in a broiler and broil five minutes, or sauté in butter. Serve with Port Wine Sauce.

Roast Leg of Venison

Prepare and cook as Roast Lamb, allowing less time that it may be cooked rare.

Saddle of Venison

Clean and lard a saddle of venison. Cook same as Saddle of Mutton. Serve with Currant Jelly Sauce.

Belgian Hare à la Maryland

Follow directions for Chicken à la Maryland (see p. 297). Bake forty minutes, basting with bacon fat in place of butter.

Belgian Hare, Sour Cream Sauce

Clean and split a hare. Lard back and hind legs, and season with salt and pepper. Cook eight slices carrot cut in small pieces and one-half small onion in two tablespoons bacon fat five minutes. Add one cup Brown Stock, and pour around hare in pan. Bake forty-five minutes, basting often. Add one cup heavy cream and the juice of

one lemon. Cook fifteen minutes longer, and baste every five minutes. Remove to serving dish, strain sauce, thicken, season with salt and pepper, and pour around hare.

Rabbit à la Southern

Dress and clean two rabbits and disjoint in pieces for serving. Cover with three pints cold water to which have been added one and one-half tablespoons salt and let stand three hours. Drain, wipe, sprinkle with salt and pepper and roll in flour. Try out one-half pound of bacon cut in pieces; there should be two-thirds cup fat. Put in iron frying pan, add rabbit, cover, and cook slowly one and one-half hours, turning frequently. Pour over one cup milk and cook thirty minutes. Remove to serving dish and garnish with parsley.

Pigeon Pie

Dress, clean, and truss six pigeons and sauté in salt pork fat until entire surface is seared, turning frequently. Put in a kettle, nearly cover with boiling water, and add one-half teaspoon peppercorns, one onion, stuck with eight cloves, eight slices carrot, two sprigs parsley, and two stalks celery, and let simmer five hours. Remove pigeons, strain liquor, and thicken with four tablespoons butter melted and cooked with three tablespoons flour. Reheat pigeons in sauce, arrange in a pastry case, and cover with a pastry top.

Squabs en Casserole

Dress, clean, and truss three jumbo squabs. Put in casserole, brush over with melted butter, cover, and bake ten minutes. Add one-half cup chicken stock, again cover, and cook until squabs are tender. Add one cup boiled potato balls, one bunch cooked asparagus, and five Bermuda onions, peeled, cut in one-fourth-inch slices, broiled over a clear fire, and then brushed over with melted butter and sprinkled with salt.

Larded Stuffed English Partridge

Cold Orange Sauce

Clean, stuff, lard, and truss three birds. Put in casserole and add one-third cup trimmings from pork cut in small pieces. Put in hot oven and cook uncovered fifteen minutes, basting three times, using three tablespoons melted butter. Pour over one-half cup Sherry wine, cover and cook twenty-five minutes. Remove to serving dish on

slices of toasted bread, garnish with watercress, and serve with Cold Orange Sauce (see p. 333).

WAYS OF WARMING OVER POULTRY AND GAME

Creamed Chicken

2 cups cold cooked chicken, cut in dice
2 cups White Sauce II
⅛ teaspoon celery salt

Heat chicken dice in sauce, to which celery salt has been added. Let stand in double boiler thirty minutes.

Creamed Chicken with Mushrooms

Add to Creamed Chicken one-fourth cup sautéed sliced mushroom caps.

Chicken with Potato Border

Serve Creamed Chicken in Potato Border.

Chicken in Baskets

To three cups hot mashed potatoes add three tablespoons butter, one teaspoon salt, yolks of three eggs slightly beaten, and enough milk to moisten. Shape in form of small baskets, using a pastry-bag and tube. Brush over with white of egg slightly beaten, and brown in oven. Fill with Creamed Chicken. Form handles for baskets of parsley.

Chicken and Oysters à la Métropole

¼ cup butter
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
2 cups cream
2 cups cold cooked chicken, cut in dice
1 pint oysters, cleaned and drained
⅓ cup finely chopped celery

Make a sauce of first five ingredients, add chicken dice and oysters; cook until oysters are plump. Serve sprinkled with celery.

Luncheon Chicken

1½ cups cold cooked chicken, cut in small dice
2 tablespoons butter
1 slice carrot, cut in small cubes
1 slice onion
2 tablespoons flour
1 cup Chicken Stock
Salt
Pepper
⅔ cup buttered cracker crumbs
4 eggs

Cook butter five minutes with vegetables, add flour, and gradually the stock. Strain, add chicken dice, and season with salt and pepper. Turn on a slightly-buttered platter and sprinkle with cracker crumbs. Make four nests, and in each nest slip an egg; cover eggs with crumbs, and bake in a moderate oven until whites of eggs are firm.

Blanquette of Chicken

2 cups cold cooked chicken, cut in strips
1 cup White Sauce II
1 tablespoon finely chopped parsley
Yolks 2 eggs
2 tablespoons milk

Add chicken to sauce; when well heated, add yolks of eggs slightly beaten, diluted with milk. Cook two minutes, then add parsley.

Chicken à la Cadillac

¾ cup cold, cooked chicken, cut in cubes
1 cup White Sauce II
¼ cup cold, cooked ham, cut in cubes
Cooked asparagus stalks

Heat chicken and ham cubes in sauce and put in individual casserole dishes. Arrange short stalks of hot, buttered asparagus on each dish.

Devilled Bones

2 tablespoons butter
1 tablespoon Chili Sauce
1 tablespoon Worcestershire Sauce
1 tablespoon Walnut Catsup
1 teaspoon made mustard
Few grains cayenne
Drumsticks, second joints, and wings of a cooked chicken
Salt
Pepper
Flour
Cup hot stock
Finely chopped parsley

Melt butter, and add Chili Sauce, Worcestershire Sauce, Walnut Catsup, mustard, and cayenne. Cut four small gashes in each piece of chicken. Sprinkle with salt and pepper, dredge with flour, and cook in the seasoned butter until well browned. Pour on stock, simmer five minutes, and sprinkle with chopped parsley.

Scalloped Chicken

Butter a baking dish. Arrange alternate layers of sliced cold, cooked chicken, and boiled macaroni or rice. Pour over White, Brown, or Tomato Sauce, cover with buttered cracker crumbs, and bake in a hot oven until crumbs are brown.

Mock Terrapin

1½ cups cold cooked chicken or veal, cut in dice
1 cup White Sauce I
Yolks 2 hard-boiled eggs, finely chopped
Whites 2 hard-boiled eggs, chopped
3 tablespoons Sherry wine
¼ teaspoon salt
Few grains cayenne

Add to sauce, chicken, yolks, and whites of eggs, salt, and cayenne; cook two minutes, and add wine.

Chicken Soufflé

2 cups scalded milk
⅛ cup butter
⅛ cup flour
1 teaspoon salt
⅛ teaspoon pepper
½ cup stale soft bread crumbs
2 cups cold cooked chicken, finely chopped
Yolks 3 eggs, well beaten
1 tablespoon finely-chopped parsley
Whites 3 eggs, beaten stiff

Make a sauce of first five ingredients, add bread crumbs, and cook two minutes; remove from fire, add chicken, yolks of eggs, and parsley, then fold in whites of eggs. Turn in a buttered pudding dish, and bake thirty-five minutes in a slow oven. Serve with White Mushroom Sauce. Veal may be used in place of chicken.

Chicken Hollandaise

1½ tablespoons butter
1 teaspoon finely chopped onion
2 tablespoons cornstarch
1 cup chicken stock
1 teaspoon lemon juice
⅓ cup finely chopped celery
¼ teaspoon salt
Few grains paprika
1 cup cold cooked chicken, cut in small cubes
Yolk 1 egg

Cook butter and onion five minutes, add cornstarch and stock gradually. Add lemon juice, celery, salt, paprika, and chicken; when well heated, add yolk of egg slightly beaten, and cook one minute. Serve with buttered graham toast.

Chicken Chartreuse

Prepare and cook same as Casserole of Rice and Meat, using chicken in place of lamb or veal. Season chicken with salt, pepper, celery salt, onion juice, and one-half teaspoon finely chopped parsley.

Meat Cakes

1 cup chopped, cold, cooked chicken, or turkey
1 tablespoon cream
1 egg, slightly beaten
½ teaspoon salt
Few grains pepper

Mix ingredients in order given, shape in small, flat cakes, dip in egg and crumbs, and sauté in butter until well browned on both sides. Remove to hot platter and pour around one cup White Sauce II, to which has been added (just before serving time) one-third cup celery cut in small pieces.

Scalloped Turkey

Make one cup of sauce, using two tablespoons butter, two tablespoons flour, one-fourth teaspoon salt, few grains of pepper, and one cup stock (obtained by cooking in water bones and skin of a roast turkey). Cut remnants of cold roast turkey in small pieces; there should be one and one-half cups. Sprinkle bottom of buttered baking dish with seasoned cracker crumbs, add turkey meat, pour over sauce, and sprinkle with buttered cracker crumbs. Bake in a hot oven until crumbs are brown. Turkey, chicken, or veal may be used separately or in combination.

Minced Turkey

To one cup cold roast turkey, cut in small dice, add one-third cup soft stale bread crumbs. Make one cup sauce, using two tablespoons butter, two tablespoons flour, and one cup stock (obtained by cooking bones and skin of a roast turkey). Season with salt, pepper, and onion juice. Heat turkey and bread crumbs in sauce. Serve on small pieces of toast, and garnish with poached eggs and toast points.

Turkey Tetrazzini

2 tablespoons butter
3 tablespoons flour
1 cup cream
1 teaspoon salt
¼ teaspoon celery salt
⅛ teaspoon pepper
1 cup cold turkey cut in thin strips
½ cup cooked spaghetti, cut in ½ inch pieces
½ cup sautéd sliced mushroom caps
⅓ cup grated Parmesan cheese
¾ cup buttered cracker crumbs

Make a sauce of butter, flour, cream, salt, celery salt, and pepper. When boiling-point is reached, add turkey, spaghetti, and mushrooms.

Fill buttered ramekin dishes with mixture, sprinkle with cheese, and crumbs, and bake until crumbs are brown.

Salmi of Duck

Cut cold roast duck in pieces for serving. Reheat in Spanish Sauce.

Spanish Sauce. Melt one-fourth cup butter, add one tablespoon finely chopped onion, a stalk of celery, two slices carrot cut in pieces, and two tablespoons finely-chopped lean raw ham. Cook until butter is brown, then add one-fourth cup flour, and when well browned add two cups Consommé, bit of bay leaf, sprig of parsley, blade of mace, two cloves, one-half teaspoon salt, and one-eighth teaspoon pepper; cook five minutes. Strain, add duck, and when reheated add Sherry wine, stoned olives, and mushrooms cut in quarters. Arrange on dish for serving, and garnish with olives and mushrooms. Grouse may be used in place of duck.

CHAPTER XVIII

FISH AND MEAT SAUCES

White Sauce I

1 tablespoon butter — 1 cup scalded milk
1 tablespoon flour — ¼ teaspoon salt
Few grains pepper

Melt butter in saucepan, add flour mixed with seasonings, and stir until well blended; then pour on gradually while stirring constantly hot milk, bring to the boiling-point, and let boil two minutes. A wire whisk is the best utensil to use in making sauces.

To Scald Milk. Put in top of double boiler, having water boiling in under part. Cover, and let stand on top of range until milk around edge of double boiler has a bead-like appearance.

Cream Sauce

Make same as White Sauce I, using cream instead of milk.

White Sauce II

2 tablespoons butter — 1 cup milk
2 tablespoons flour — ¼ teaspoon salt
Few grains pepper

Make same as White Sauce I.

White Sauce III

3 tablespoons butter — 1 cup milk
3 tablespoons flour — ¼ teaspoon salt
Few grains pepper

Make same as White Sauce I.

Velouté Sauce

2 tablespoons butter — 1 cup White Stock
2 tablespoons flour — ¼ teaspoon salt
Few grains pepper

Make same as White Sauce I.

Sauce Allemande I

To Velouté Sauce add one teaspoon lemon juice and yolk one egg.

Sauce Allemande II

3 tablespoons butter
3 tablespoons flour
½ cup chicken stock
½ cup cream
3 tablespoons grated Parmesan Cheese
Yolk 1 egg
½ teaspoon salt
Few grains pepper

Make same as White Sauce I.

Soubise Sauce

2 cups sliced onions
1 cup Velouté Sauce
½ cup cream or milk
Salt and pepper

Cover onions with boiling water, cook five minutes, drain, again cover with boiling water, and cook until soft; drain, and rub through a sieve. Add to sauce with cream. Season with salt and pepper. Serve with mutton, pork chops, or hard-boiled eggs.

Spanish Sauce

3 tablespoons butter
3 tablespoons flour
1 cup milk
½ cup cream
1 teaspoon salt
⅛ teaspoon pepper
½ cup pimiento purée

Melt butter, add flour and stir until well blended; then pour on gradually, while stirring constantly, milk and cream. Bring to the boiling-point and add seasonings and pimiento purée.

To obtain pimiento purée, drain canned pimientos and force through a purée strainer.

Truffle Sauce

Make same as Spanish Sauce omitting pimiento purée and adding one and one-half tablespoons chopped truffles and two tablespoons Madeira wine.

Drawn Butter Sauce

⅓ cup butter
3 tablespoons flour
1½ cups hot water or fish stock
½ teaspoon salt
⅛ teaspoon pepper
1 teaspoon lemon juice

Melt one-half the butter, add flour with seasonings, and pour on gradually hot water. Boil five minutes, and add remaining butter in small pieces. To be served with boiled or baked fish.

Shrimp Sauce

To Drawn Butter Sauce add one egg yolk and one-half can shrimps cleaned and cut in pieces.

Caper Sauce

To Drawn Butter Sauce add one-half cup capers drained from their liquor. Serve with boiled mutton.

Egg Sauce I

To Drawn Butter Sauce add two hard-boiled eggs cut in one-fourth inch slices.

Egg Sauce II

To Drawn Butter Sauce add beaten yolks of two eggs and one teaspoon lemon juice.

Brown Sauce I

2 tablespoons butter
½ slice onion
4 tablespoons flour
1 cup Brown Stock
¼ teaspoon salt
⅛ teaspoon pepper

Cook onion in butter until slightly browned; remove onion and stir butter constantly until well browned; add flour mixed with seasonings, and brown the butter and flour; then add stock gradually, bring to the boiling-point, and let boil two minutes.

Brown Sauce II (Espagnole)

¼ cup butter
1 slice carrot
1 slice onion
Bit of bay leaf
Sprig of thyme
Sprig of parsley
6 peppercorns
5 tablespoons flour
2 cups Brown Stock
Salt and pepper

Cook butter with carrot, onion, bay leaf, thyme, parsley, and peppercorns, until brown, stirring constantly, care being taken that butter is not allowed to burn; add flour, and when well browned, add stock gradually. Bring to boiling-point, strain, and season with salt and pepper.

Brown Mushroom Sauce

To one cup Brown Sauce add one-fourth pound mushroom caps peeled, sliced, and sautéed in butter five minutes.

Sauce Piquante

To one cup Brown Sauce add one tablespoon vinegar, one-half small shallot finely chopped, one tablespoon each chopped capers and pickle, and a few grains of cayenne.

Olive Sauce

Remove stones from ten olives, leaving meat in one piece. Cover with boiling water and cook five minutes. Drain olives, and add to two cups Brown Sauce I or II.

Devonshire Sauce

To one and one-half cups brown sauce add one-third cup currant jelly, beaten with a fork, one-half cup claret wine, one teaspoon lemon juice, and three drops essence of anchovy.

Orange Sauce

¼ cup butter
¼ cup flour
1½ cups Brown Stock
½ teaspoon salt
Few grains cayenne
Juice 2 oranges
2 tablespoons Sherry wine
Rind of 1 orange, cut in fancy shapes

Brown the butter, add flour, with salt and cayenne, and stir until well browned. Add stock gradually, and just before serving, orange juice, Sherry, and pieces of rind.

Sauce à l'Italienne

Onion, Carrot, Lean raw ham — 2 tablespoons each, finely chopped
12 peppercorns
2 cloves
Sprig marjoram
2 tablespoons butter
2½ tablespoons flour
1 cup Brown Stock
1¼ cups white wine
½ tablespoon finely chopped parsley

Cook first six ingredients with butter five minutes, add flour, and stir until well browned; then add gradually stock and wine. Strain, reheat, and after pouring around fish sprinkle with parsley.

Champagne Sauce

Simmer two cups Espagnole Sauce until reduced to one and one-half cups. Add two tablespoons mushroom liquor, one-half cup champagne, and one tablespoon powdered sugar.

Tomato Sauce I (without Stock)

½ can tomatoes or
1¾ cups fresh stewed tomatoes
1 slice onion
3 tablespoons butter
3 tablespoons flour
¼ teaspoon salt
⅛ teaspoon pepper

Cook onion with tomatoes fifteen minutes, rub through a strainer and add to butter and flour (to which seasonings have been added) cooked together. If tomatoes are very acid, add a few grains of soda. If tomatoes are to retain their red color it is necessary to brown butter and flour together before adding the tomatoes.

Tomato Sauce II

½ can tomatoes
1 teaspoon sugar
8 peppercorns
Bit of bay leaf
½ teaspoon salt
4 tablespoons butter
4 tablespoons flour
1 cup Brown Stock

Cook tomatoes twenty minutes with sugar, peppercorns, bay leaf, and salt; rub through a strainer and add stock. Brown the butter, add flour, and when well browned, gradually add hot liquid.

Tomato Sauce III

¼ cup butter
1 slice carrot
1 slice onion
Bit of bay leaf
Sprig of thyme
Sprig of parsley
1 cup stewed and strained tomatoes
1 cup Brown Stock
Salt and pepper
¼ cup flour

Brown the butter with carrot, onion, bay leaf, thyme, and parsley; remove seasonings, add flour, stir until well browned, then add tomatoes and stock. Bring to boiling-point and strain.

Tomato and Mushroom Sauce

2 slices chopped bacon or small quantity uncooked ham
1 slice onion
6 slices carrot
Bit of bay leaf
2 sprigs thyme
Sprig of parsley
2 cloves
½ teaspoon peppercorns
Few gratings nutmeg
3 tablespoons flour
½ can tomatoes
1½ cups Brown Stock
Salt and pepper
½ can mushrooms

Cook bacon, onion, and carrot five minutes; add bay leaf, thyme, parsley, cloves, peppercorns, nutmeg, and tomatoes, and cook five minutes. Add flour diluted with enough cold water to pour; as it thickens, dilute with stock. Cover, and cook in oven one hour. Strain, add salt and pepper to taste, and one-half can mushrooms, drained from their liquor, rinsed, and cut in quarters; then cook two minutes. Use fresh mushrooms in place of canned ones when possible.

Tomato Cream Sauce

½ can tomatoes
Sprig of thyme
1 stalk celery
1 slice onion
Bit of bay leaf
1 cup White Sauce II
½ teaspoon salt
Few grains cayenne
¼ teaspoon soda

Cook tomatoes twenty minutes with seasonings; rub through a strainer, add soda, then White Sauce. Serve with Baked Fish or Lobster Cutlets.

Spanish Sauce

2 tablespoons finely chopped lean raw ham
2 tablespoons chopped celery
2 tablespoons chopped carrot
1 tablespoon chopped onion
¼ cup butter
¼ cup flour
1½ cups Brown Stock
⅔ cup stewed and strained tomatoes
Salt and pepper

Cook ham and vegetables with butter until butter is well browned; add flour, stock, and tomatoes; cook five minutes, then strain. Season with salt and pepper.

Béchamel Sauce

1½ cups White Stock
1 slice onion
1 slice carrot
Bit of bay leaf
Sprig of parsley
6 peppercorns
¼ cup butter
¼ cup flour
1 cup scalded milk
½ teaspoon salt
⅛ teaspoon pepper

Cook stock twenty minutes with onion, carrot, bay leaf, parsley, and peppercorns, then strain; there should be one cupful. Melt the butter, add flour, and gradually hot stock and milk. Season with salt and pepper. Equal parts of stock and milk may be used.

Yellow Béchamel Sauce

To two cups Béchamel Sauce add yolks of three eggs slightly beaten, first diluting eggs with small quantity of hot sauce, then adding gradually to remaining sauce. This prevents the sauce from having a curdled appearance.

Mousselaine Sauce

3 tablespoons butter
3 tablespoons flour
1 cup chicken stock
½ cup cream
¼ teaspoon salt
Few grains pepper
Yolks 2 eggs
½ tablespoon lemon juice

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, stock and cream. Bring to the boiling-point and add salt and pepper. Just before serving add egg yolks, slightly beaten, and lemon juice.

Olive and Almond Sauce

3 tablespoons butter
3 tablespoons flour
1 cup White Stock
½ cup cream
¼ cup shredded almonds
1 teaspoon beef extract
8 olives (stoned and cut in quarters)
½ tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne

Melt butter, add flour, and pour on gradually White Stock. Just before serving add remaining ingredients. Serve with boiled or steamed fish.

Oyster Sauce

1 pint oysters
¼ cup butter
¼ cup flour
1 cup milk or Chicken Stock
Salt
Pepper
Oyster liquor

Wash oysters, reserve liquor, heat, strain, add oysters, and cook until plump. Remove oysters, and make a sauce of butter, flour, oyster liquor, and milk. Add oysters, and season with salt and pepper.

Brown Nut Sauce

2 tablespoons butter
2 tablespoons peanut butter
3½ tablespoons flour
1½ cups chicken stock
½ teaspoon salt
Few grains pepper
¼ cup coarse bread crumbs
1 tablespoon butter

Brown butter, add peanut butter, and when well mixed add flour and continue the browning; then pour on gradually, while stirring constantly, chicken stock. Bring to the boiling-point and add salt and pepper. Pour around meat with which it is to be served and sprinkle with bread crumbs browned in one tablespoon butter.

Cucumber Sauce I

Pare and grate two cucumbers, drain, and season with salt, pepper, and vinegar. Serve with Broiled Fish.

Cucumber Sauce II

Beat one-half cup heavy cream until stiff, and add one-fourth teaspoon salt, few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained.

Celery Sauce

3 cups celery, cut in thin slices 2 cups White Sauce II

Wash and scrape celery before cutting into pieces. Cook in boiling salted water until soft, drain, rub through a sieve, and add to sauce. Celery sauce is often made from the stock in which fowl or turkey has been boiled, or with one-half stock and one-half milk.

Suprême Sauce

¼ cup butter
¼ cup flour
1½ cups hot Chicken Stock
½ cup hot cream
1 tablespoon mushroom liquor
¾ teaspoon lemon juice
Salt and pepper

Make same as White Sauce I and add seasonings.

Maître d'Hôtel Butter

¼ cup butter
½ teaspoon salt
⅛ teaspoon pepper
½ tablespoon finely chopped parsley
¾ tablespoon lemon juice

Put butter in a bowl, and with small wooden spoon work until creamy. Add salt, pepper, and parsley, then lemon juice very slowly. One tablespoon each red and green pepper cut in small pieces is an improvement.

To Chop Parsley. Remove leaves from parsley. If parsley is wet, first dry in a towel. Gather parsley between thumb and fingers

and press compactly. With a sharp vegetable knife cut through and through. Again gather in fingers and recut, so continuing until parsley is finely cut.

Tarter Sauce

1 tablespoon vinegar
1 teaspoon lemon juice
¼ teaspoon salt
1 tablespoon Worcestershire Sauce
⅓ cup butter

Mix vinegar, lemon juice, salt, and Worcestershire Sauce in a small bowl, and heat over hot water. Brown the butter in an omelet pan, and strain into first mixture.

Lemon Butter

¼ cup butter
1 tablespoon lemon juice

Cream the butter, and add slowly lemon juice.

Anchovy Butter

¼ cup butter
Anchovy sauce

Cream the butter and add Anchovy sauce to taste.

Lobster Butter

¼ cup butter
Lobster coral

Clean, wipe, and force coral through a fine sieve. Put in a mortar with butter, and pound until well blended. This butter is used in Lobster Soup and Sauces to give color and richness.

Hollandaise Sauce I

½ cup butter
Yolks 2 eggs
1 tablespoon lemon juice
¼ teaspoon salt
Few grains cayenne
⅓ cup boiling water

Put butter in a bowl, cover with cold water, and wash, using a spoon. Divide in three pieces; put one piece in a saucepan with yolks of eggs and lemon juice, place saucepan in a larger one containing boiling water, and stir constantly with a wire whisk until butter is melted; then add second piece of butter, and, as mixture thickens, third piece. Add water, cook one minute, and season with salt and cayenne. If mixture curdles, add two tablespoons heavy cream or two tablespoons boiling water.

Hollandaise Sauce II

½ cup butter
1 tablespoon lemon juice
Yolks 2 eggs
¼ teaspoon salt
Few grains cayenne

Wash butter, divide in three pieces; put one piece in a saucepan with vinegar or lemon juice and egg yolks; place saucepan in a larger one containing boiling water, and stir constantly with a wire whisk. Add second piece of butter, and, as mixture thickens, third piece. Remove from fire, and add salt and cayenne. If left over fire a moment too long it will separate. By adding a small quantity of milk the trouble will be corrected. If a richer sauce is desired, add one-half teaspoon hot water and one-half tablespoon heavy cream.

Anchovy Sauce

Season Brown, Drawn Butter, or Hollandaise Sauce with Anchovy Sauce.

Horseradish Hollandaise Sauce

To Hollandaise Sauce II add one-fourth cup grated horseradish root.

Lobster Sauce I

To Hollandaise Sauce I add one-third cup lobster meat cut in small dice.

Lobster Sauce II

1¼ lb. lobster
¼ cup butter
¼ cup flour
½ teaspoon salt
Few grains cayenne
½ tablespoon lemon juice
3 cups cold water

Remove meat from lobster, and cut tender claw-meat in one-half inch dice. Chop remaining meat, add to body bones, and cover with water; cook until stock is reduced to two cups, strain, and add gradually to butter and flour cooked together, then add salt, cayenne, lemon juice, and lobster dice.

If the lobster contains coral, prepare Lobster Butter, add flour, and thicken sauce therewith.

Mock Hollandaise Sauce

2 tablespoons butter
2 tablespoons flour
¾ cup milk
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Yolks 2 eggs
½ cup butter
1 tablespoon lemon juice

Melt butter, add flour, and stir until well blended; then add milk, salt, pepper, and cayenne, and bring to the boiling-point. Stir in the egg yolks, butter bit by bit, and lemon juice.

Horseradish Hollandaise

¼ cup butter
Yolks 3 eggs
½ tablespoon vinegar
½ teaspoon salt
4 tablespoons grated horseradish root
2 tablespoons heavy cream

Wash butter and divide in thirds. Put one-third in small saucepan with egg yolks, vinegar, and salt. Place saucepan in larger saucepan containing boiling water, and stir constantly until butter is melted; then add second piece of butter and, as mixture thickens, third piece.

Remove from fire and add grated horseradish root, and heavy cream, beaten until stiff.

Cucumber Hollandaise

4 tablespoons white tarragon vinegar
1 red pepper
Yolks 5 eggs
¾ cup washed butter
½ teaspoon salt
Few grains cayenne
2 cucumbers

Cook vinegar with pepper (one of the small ones found in pepper sauce) until reduced to two tablespoons. Strain into saucepan, add egg yolks, and one-third of the butter and stir constantly until mixture becomes heated, holding saucepan over boiling water in larger saucepan, placed on range. When butter is melted and mixture begins to thicken, add remaining butter in pieces, continuing the stirring. Add seasonings and cucumbers pared, chopped, and drained from their liquor, then squeezed in cheesecloth.

Sauce Béarnaise I

To Hollandaise Sauce II add one teaspoon each of finely-chopped parsley and fresh tarragon or one-half tablespoon tarragon vinegar.

Serve with mutton chops, steaks, broiled squabs, smelts, or boiled salmon.

Sauce Béarnaise II

To three finely-chopped shallots add two tablespoons tarragon vinegar; bring to the boiling-point and let simmer until reduced one-half. Strain, add gradually to two egg yolks, slightly beaten, and cook slowly, while stirring constantly, four minutes; then add five

tablespoons melted butter, one-fourth teaspoon salt, one-eighth teaspoon cayenne, and one-half teaspoon finely chopped parsley.

Sauce Béarnaise III

3 tablespoons water
3 tablespoons tarragon vinegar
½ onion
Yolks 4 eggs
½ teaspoon salt
⅛ teaspoon paprika
4 tablespoons butter

Put water, vinegar, and onion in small saucepan and heat to boiling-point. Beat yolks of eggs slightly and pour on gradually hot liquid, from which onion has been removed; then add seasonings. Place saucepan in larger saucepan, containing boiling water, and cook, stirring constantly, until mixture thickens slightly; then add butter which has been worked until creamy, one tablespoon at a time, stirring constantly during the entire cooking.

Sauce Trianon

To Hollandaise Sauce II add gradually, while cooking, one and one-half tablespoons Sherry wine.

Sauce Figaro

To Hollandaise Sauce II add two tablespoons tomato purée (tomatoes stewed, strained, and cooked until reduced to a thick pulp), one teaspoon finely chopped parsley, and a few grains cayenne.

Horseradish Sauce I

4 tablespoons grated horseradish root
1½ tablespoons vinegar
½ teaspoon salt
Few grains cayenne
½ cup heavy cream

Mix first four ingredients, and add cream beaten stiff.

Horseradish Sauce II

3 tablespoons cracker crumbs
⅓ cup grated horseradish root
1½ cups milk
3 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper

Cook first three ingredients twenty minutes in double boiler. Add butter, salt, and pepper.

Bread Sauce

2 cups milk
½ cup fine stale bread crumbs
1 onion
6 cloves
½ teaspoon salt
Few grains cayenne
3 tablespoons butter
½ cup coarse stale bread crumbs

Cook milk thirty minutes in double boiler, with fine bread crumbs and onion stuck with cloves. Remove onion, add salt, cayenne, and two tablespoons butter. Usually served poured around roast partridge or grouse, and sprinkled with coarse crumbs browned in remaining butter.

Rice Sauce

3 tablespoons rice
2 cups milk
½ onion
3 cloves
2 tablespoons butter
Salt and pepper

Wash rice, add to milk, and cook in double boiler until soft. Rub through a fine strainer, return to double boiler, add onion stuck with cloves, and cook fifteen minutes. Remove onion, add butter, salt, and pepper.

Cauliflower Sauce

¼ cup butter
¼ cup flour
1 cup White Stock III
1 cup scalded milk
Cooked flowerets from a small cauliflower
Salt
Pepper

Make same as White Sauce I and add flowerets.

Mint Sauce

¼ cup finely chopped mint leaves
½ cup vinegar
1 tablespoon powdered sugar

Add sugar to vinegar; when dissolved, pour over mint and let stand thirty minutes on back of range to infuse. If vinegar is very strong, dilute with water.

Currant Jelly Sauce

To one cup Brown Sauce, from which onion has been omitted, add one-fourth tumbler currant jelly and one tablespoon Sherry wine; or, add currant jelly to one cup gravy made to serve with roast lamb. Currant Jelly Sauce is suitable to serve with lamb.

Currant Mint Sauce

Separate one-half tumbler currant jelly in small pieces, but do not beat it. Add one and one-fourth tablespoons finely chopped fresh mint leaves and thin, short shavings from one-fourth the rind of an orange.

Port Wine Sauce

To one cup Brown Sauce, from which onion has been omitted, add one-eighth tumbler currant jelly, two tablespoons Port wine, and a few grains cayenne.

Vinaigrette Sauce

1 teaspoon salt
¼ teaspoon paprika
Few grains pepper
1 tablespoon tarragon vinegar
2 tablespoons cider vinegar
6 tablespoons olive oil
1 tablespoon chopped pickles
1 tablespoon chopped green pepper
1 teaspoon chopped parsley
1 teaspoon chopped chives

Mix ingredients in order given.

Sauce Tartare

½ recipe for Mayonnaise Dressing
1½ tablespoons vinegar
½ shallot, finely chopped
Capers, Pickles, Olives, Parsley — ½ tablespoon each, finely chopped
¼ teaspoon powdered tarragon or 1 tablespoon tarragon vinegar

To Mayonnaise Dressing add remaining ingredients. One-fourth tablespoon finely chopped onion may be used in place of shallot and tarragon may be omitted.

Hot Sauce Tartare

½ cup White Sauce II
⅓ cup Mayonnaise
½ shallot, finely chopped
½ teaspoon vinegar
Capers, Pickles, Olives, Parsley — ½ tablespoon each, finely chopped

To White Sauce add remaining ingredients. Stir constantly until mixture is throughly heated, but do not let it come to the boiling-point. Serve with boiled, steamed, or fried fish.

Hot Mayonnaise

Yolks 2 eggs
2 tablespoons olive oil
1 tablespoon vinegar
¼ cup hot water
Salt
Few grains cayenne
1 teaspoon finely chopped parsley

Add oil slowly to egg yolks, then pour on gradually vinegar and water. Cook over boiling water until mixture thickens, then add seasonings and parsley.

Sauce Tyrolienne

To three-fourths cup Mayonnaise add one-half tablespoon each finely-chopped capers and parsley, one finely-chopped gherkin, and one-half can tomatoes, stewed, strained, and cooked until reduced to two tablespoons. Serve with any kind of fried fish.

Creole Sauce

2 tablespoons chopped onion
4 tablespoons green pepper, finely chopped
2 tablespoons butter
2 tomatoes
¼ cup sliced mushrooms
6 olives, stoned
1⅓ cups Brown Sauce
Salt and pepper
Sherry wine

Cook onion and pepper with butter five minutes; add tomatoes, mushrooms, and olives, and cook two minutes, then add Brown Sauce. Bring to boiling-point, and add wine to taste. Serve with broiled beefsteak or fillet of beef. Boiled rice should accompany the beef, and be served on same platter.

Russian Sauce

3 tablespoons butter
2 tablespoons flour
1 cup White Stock III
¼ teaspoon salt
Few grains pepper
½ teaspoon finely-chopped chives
½ teaspoon made mustard
1 teaspoon grated horseradish
¼ cup cream
1 teaspoon lemon juice

Melt butter, add flour, and pour on gradually White Stock; then add salt, pepper, mustard, chives, and horseradish. Cook two minutes, strain, add cream and lemon juice. Reheat before serving. Serve with Beef Tenderloins or Hamburg Steaks.

Sauce Finiste

3 tablespoons butter
½ teaspoon mustard
Few grains cayenne
1 teaspoon lemon juice
1½ teaspoons Worcestershire Sauce
¾ cup stewed and strained tomatoes

Cook butter until well browned, and add remaining ingredients.

Cider Sauce

3 tablespoons butter
4 tablespoons flour
Salt
2 cups ham liquor
4 tablespoons cider
Pepper

Melt butter, add flour, and pour on gradually, while stirring constantly, hot ham liquor. Bring to the boiling-point and add cider, and salt to taste.

Sauce Verte

2 tablespoons butter
3 tablespoons flour
1 cup fish stock
⅓ cup heavy cream
½ teaspoon salt
Few grains pepper
Few grains cayenne
2 tablespoons sauterne
Green coloring

Melt butter, add flour, and stir until well blended; then pour on stock gradually, while stirring constantly, fish stock. Bring to the boiling-point and add cream and seasonings. Again bring to the boiling-point and color green.

Cold Orange Sauce

6 tablespoons currant jelly
3 tablespoons sugar
Grated rind 2 oranges
2 tablespoons orange juice
2 tablespoons lemon juice
2 tablespoons Port wine
¼ teaspoon salt
⅛ teaspoon cayenne

Put first three ingredients in a bowl and beat for five minutes; then add remaining ingredients and stir until well blended.

Roe Sauce

Put two tablespoons, each, Sherry wine, white wine, and butter in small shallow pan and add one-half shad roe sprinkled with salt, pepper, cayenne, and a few gratings nutmeg. Cover with buttered paper and bake thirty minutes. Take from oven and remove membranes. Brown three tablespoons butter, add four tablespoons flour and continue the browning; then pour on gradually, while stirring constantly, one cup chicken stock. Bring to the boiling-point and add one-fourth teaspoon beef extract, roe, and one-fourth teaspoon salt.

Vinaigrette Sauce

Mix one teaspoon salt, one-fourth teaspoon paprika, a few grains pepper, one tablespoon tarragon vinegar, two tablespoons cider

vinegar, six tablespoons olive oil, one tablespoon, each, chopped green pepper and cucumber pickle and one teaspoon each finely-chopped parsley and chives.

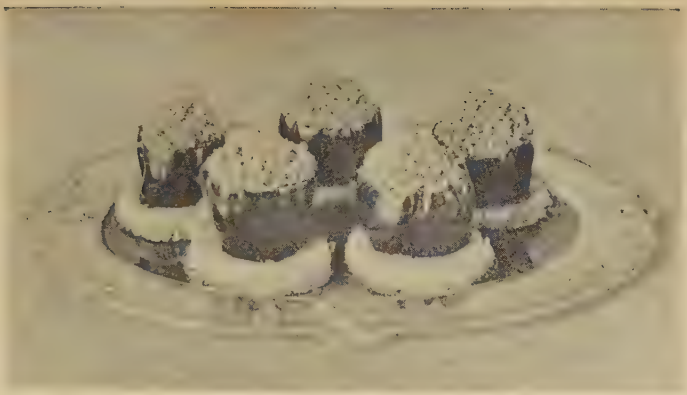
Guaymas Sauce

To one-half cup tomato sauce add, just before serving, one-third cup Mayonnaise Dressing and three tablespoons shredded olives.

Epicurean Sauce

3 tablespoons Mayonnaise Dressing
2 tablespoons grated horseradish root
½ cup heavy cream
1 teaspoon English mustard
½ teaspoon salt
Few grains cayenne

Beat cream until stiff, using an egg beater. Remove beater and stir in remaining ingredients.



Stuffed Peppers. — *Page 358.*

Purée of Spinach. — *Page 361.*

Macedoine of Vegetables à la Poulette. — *Page 371.*

Potato Nests (*Page 379*). Potatoes, Somerset Style (*Page 382*)

CHAPTER XIX

VEGETABLES

Table showing Composition of Vegetables

Articles	Protein	Fat	Carbo-hydrates	Mineral matter	Water
Artichokes	2.6	.2	16.7	1.	79.5
Asparagus	1.8	.2	3.3	1.	94.
Beans, Lima, green	7.1	.7	22.	1.7	68.5
Beans, green string	2.2	.4	9.4	.7	87.3
Beets	1.6	.1	9.6	1.1	87.6
Brussels sprouts	4.7	1.1	4.3	1.7	88.2
Cabbage	2.1	.4	5.8	1.4	90.3
Carrots	1.1	.4	9.2	1.1	88.2
Cauliflower	1.6	.8	6.	.8	90.8
Celery	1.4	.1	3.	1.1	94.4
Corn, green, sweet	2.8	1.1	14.1	.7	81.3
Cucumbers	.8	.2	2.5	.5	96.
Egg-plant	1.2	.3	5.1	.5	92.9
Kohl-rabi	2.	.1	5.5	1.3	91.1
Lettuce	1.3	.4	3.3	1.	94.
Okra	2.	.4	9.5	.7	87.4
Onions	4.4	.8	.5	1.2	93.5
Parsnips	1.7	.6	16.1	1.7	79.9
Peas, green	4.4	.5	16.1	.9	78.1
Potatoes, sweet	1.8	.7	27.1	1.1	69.3
Potatoes, white	2.1	.1	18.	.9	78.9
Spinach	2.1	.5	3.1	1.9	92.4
Squash	1.6	.6	10.4	.9	86.5
Tomatoes	.8	.4	3.9	.5	94.4
Turnips	1.4	.2	8.7	.8	88.9

Vegetables include, commonly though not botanically speaking, all plants used for food except grains and fruits. With exception of beans, peas, and lentils, which contain a large amount of protein, they are chiefly valuable for their potash salts, and should form a part of each day's dietary. Many contain much cellulose, which gives needed bulk to the food. The legumes, peas, beans, and lentils may be used in place of flesh food.

For the various vegetables different parts of the plant are used. Some are eaten in the natural state, others are cooked.

Tubers	White potatoes and Jerusalem artichokes
Roots	Beets, carrots, parsnips, radishes, sweet potatoes, salsify or oyster plant, and turnips
Bulbs	Garlic, onions, and shallots
Stems	Asparagus, celery, and chives
Leaves	Brussels sprouts, beet greens, cabbages, dandelions, lettuce, sorrel, spinach, and watercress
Flowers	Cauliflower
Fruit	Beans, corn, cucumbers, okra, eggplant, peas, lentils, squash, and tomatoes

Young, tender vegetables, — as lettuce, radishes, cucumbers, watercress, and tomatoes, — eaten uncooked, served separately or combined in salads, help to stimulate a flagging appetite, and when dressed with oil furnish considerable nutriment.

Beans, and peas when old, should be employed in making purées and soups; by so doing, the outer covering of cellulose, so irritating to the stomach, is removed.

Care of Vegetables

Summer vegetables should be cooked as soon after gathering as possible; in case they must be kept, spread on bottom of cool, dry, well-ventilated cellar, or place in ice-box. Lettuce may be best kept by sprinkling with cold water and placing in a tin pan closely covered. Wilted vegetables may be freshened by allowing to stand in cold water. Vegetables which contain sugar lose some of their sweetness by standing; corn and peas are more quickly affected than others. Winter vegetables should be kept in a cold, dry place. Beets, carrots, turnips, potatoes, etc., should be put in barrels or piled in bins, to exclude as much air as possible. Squash should be spread, and needs careful watching; when dark spots appear, cook at once.

In using canned goods, empty contents from can as soon as opened, lest the acid therein act on the tin to produce poisonous compounds, and let stand one hour, that it may become reoxygenated. Beans, peas, asparagus, etc., should be emptied into a strainer, drained, and cold water poured over them and allowed to run through. In using dried vegetables, soak in cold water several hours before cooking. A few years ago native vegetables were alone sold; but now our markets

are largely supplied from the Southern States and California, thus allowing us fresh vegetables throughout the year.

Cooking of Vegetables

A small scrubbing-brush, which may be bought for five cents, and two small pointed knives for preparing vegetables should be found in every kitchen.

Vegetables should be washed in cold water, and cooked until soft in boiling salted water; if cooked in an uncovered vessel, their color is better kept. For peas and beans add salt to water last half hour of cooking. Time for cooking the same vegetable varies according to freshness and age, therefore time-tables for cooking serve only as guides.

Mushrooms and Truffles

These are classed among vegetables. Mushrooms, which grow about us abundantly, should often be found on the table. While there are hundreds of varieties, one by a little study may acquaint herself with a dozen or more of the most common ones which are valuable as food. Consult W. Hamilton Gibson, "Our Edible Toadstools and Mushrooms." Many might cause illness, but only a few varieties of the *Amanita* family are deadly poison. Mushrooms require heat and moisture, — a severe drought or very wet soil being unfavorable for their growth. Never gather mushrooms in the vicinity of decaying matter. They appear the middle of May, and last until frost comes. *Campestris* is the variety always found in market; French canned are of this family. *Boleti* are dried, canned, and sold as *cepes*.

Truffles

Truffles belong to the same family as mushrooms, and are grown underground. France is the most famous field for their production, from which country they are exported in tin cans, and are too expensive for ordinary use.

Artichokes

French artichokes, imported throughout the year, are the ones principally used. They retail from thirty to forty cents each, and are cheapest and best in November, December, and January. Artichokes are appearing in market from California and are somewhat cheaper in price than the French Artichoke. Jerusalem artichokes are employed for pickling, and can be bought for fifteen cents per quart.

Boiled Artichokes

Cut off stem close to leaves, remove outside bottom leaves, trim artichoke, cut off one inch from top of leaves, and with a sharp knife remove choke; then tie artichoke with a string to keep its shape. Soak one-half hour in cold water. Drain, and cook thirty to forty-five minutes in boiling, salted, acidulated water. Remove from water, place upside down to drain, then take off string. Serve with Béchamel or Hollandaise Sauce. Boiled Artichokes often constitute a course at dinner. Leaves are drawn out separately with fingers, dipped in sauce, and fleshy ends only eaten, although the bottom is edible. Artichokes may be cut in quarters, cooked, drained, and served with Sauce Béarnaise. When prepared in this way they are served with mutton.

Fried Artichokes

Sprinkle Boiled Artichokes cut in quarters with salt, pepper, and finely chopped parsley. Dip in Batter I, fry in deep fat, and drain. In preparing artichokes, trim off tops of leaves closer than when served as Boiled Artichokes.

French Artichokes, Vinaigrette Sauce

Trim tops and wash French artichokes. Cook in boiling, salted water to cover until soft. Remove from water, drain, and separate the scales of each, so as to represent a flower. Serve with Vinaigrette Sauce (see p. 331).

Jerusalem Artichokes

Wash and pare one quart Jerusalem artichokes and cook in boiling, salted water until soft. Drain, add one-fourth cup butter, two tablespoons lemon juice, two tablespoons finely chopped parsley, one-half teaspoon salt, and a few grains cayenne. Cook three minutes and serve very hot.

Artichoke Bottoms

Remove all leaves and the choke. Trim bottoms in shape, and cook until soft in boiling, salted, acidulated water. Serve with Hollandaise or Béchamel Sauce.

Stuffed Artichokes

Prepare and cook as Boiled Artichokes, having them slightly undone. Fill with Chicken Force-meat I or II, and bake thirty minutes in a

moderate oven, basting twice with White Sauce I. Remove to serving dish and pour around White Sauce I.

Asparagus

Hothouse asparagus is found in market during winter, but is not very satisfactory, and is sold for about one dollar per bunch. Oyster Bay (white asparagus) appears first of May, and commands a very high price. Large and small green stalk asparagus is in season from first of June to middle of July, and cheapest the middle of June.

Boiled Asparagus

Cut off lower parts of stalks as far down as they will snap, untie bunches, wash, remove scales, and retie. Cook in boiling salted water fifteen minutes or until soft, leaving tips out of water first ten minutes. Drain, remove string, and spread with soft butter, allowing one and one-half tablespoons butter to each bunch asparagus. Asparagus is often broken or cut in inch pieces for boiling, cooking tips a shorter time than stalks.

Asparagus on Toast

Serve Boiled Asparagus on Buttered or Milk Toast.

Asparagus in White Sauce

Boil asparagus cut in one-inch pieces, drain, and add to White Sauce II, allowing one cup sauce to each bunch asparagus. Serve in Croustades of Bread for a vegetable course.

Arlington Asparagus

Arrange boiled asparagus stalks through rings (one-third inch wide) cut from peel of a lemon. Place on oblong pieces of buttered toast (from which crusts have been removed), moistened with water in which asparagus was cooked. Brush lemon rings with melted butter; place in oven to reheat asparagus and arrange on serving dish.

Asparagus Mousselaine

Arrange short stalks of cooked asparagus in individual baking dishes, allowing eight to each portion, and pour over Mousselaine Sauce (see p. 324).

Asparagus à la Hollandaise

Pour Hollandaise Sauce I over Boiled Asparagus.

Asparagus in Crusts

Remove centres from small rolls, fry shells in deep fat, drain, and fill with Asparagus in White Sauce.

Beans

String Beans that are obtainable in winter come from California; natives appear in market the last of June and continue until the last of September. There are two varieties, green (pole cranberry being best flavored) and yellow (butter bean).

Shell Beans, including horticultural and sieva, are sold in the pod or shelled, five quarts in pod making one quart shelled. They are found in market during July and August. Common lima and improved lima shell beans are in season in August and September. Dried lima beans are procurable throughout the year.

String Beans

Remove strings, and snap or cut in one-inch pieces; wash, and cook in boiling water from one to three hours, adding salt last half-hour of cooking. Drain, season with butter and salt.

Shell Beans

Wash, and cook in boiling water from one to one and a half hours, adding salt last half-hour of cooking. Cook in sufficiently small quantity of water, that there may be none left to drain off when beans are cooked. Season with butter and salt.

Cream of Lima Beans

Soak one cup dried beans over night, drain, and cook in boiling salted water until soft; drain, add three-fourths cup cream, and season with butter and salt. Reheat before serving.

Lima Beans Fermière

Soak two cups dried lima beans over night in cold water to cover. Drain, put in a casserole dish, and sprinkle with one-half teaspoon salt and one-eighth teaspoon pepper. Cut a two-inch cube of fat salt pork in small pieces, try out, and strain. To fat add one small onion, thinly sliced, and one-half cup one-third-inch carrot cubes and stir constantly until vegetables are browned. Add to beans, dot over with two tablespoons butter, and add water to half the height of the beans. Cover and cook in a slow oven until beans are soft.

Boiled Beets

Wash, and cook whole in boiling water until soft; time required being from one to four hours. Old beets will never be tender, no matter how long they may be cooked. Drain, and put in cold water that skins may be easily removed. Serve cut in quarters or slices.

Sugared Beets

4 hot boiled beets	1½ tablespoons sugar
3 tablespoons butter	½ teaspoon salt

Cut beets in one-fourth-inch slices, add butter, sugar, and salt; reheat for serving.

Pickled Beets

Slice cold boiled beets and cover with vinegar.

Beets, Sour Sauce

Wash beets, and cook in boiling salted water until soft. Drain, and reserve one-half cup water in which beets were cooked. Plunge into cold water, rub off skins, and cut into cubes. Reheat in

Sour Sauce. Melt two tablespoons butter, add two tablespoons flour, and pour on the beet water. Add one-fourth cup, each, vinegar and cream, one teaspoon sugar, one-half teaspoon salt, and a few grains pepper.

Harvard Beets

Wash twelve small beets, cook in boiling water until soft, remove skins, and cut beets in thin slices, small cubes, or fancy shapes, using French vegetable cutter. Mix one-half cup sugar and one-half tablespoon cornstarch. Add one-half cup vinegar and let boil five minutes. Add beets, and let stand on back of range one-half hour. Just before serving add two tablespoons butter.

Brussels Sprouts

Brussels sprouts belong to the same family as cabbage, and the small heads grow from one to two inches apart, on the axis of the entire stem, one root yielding about two quarts.

Brussels Sprouts in White Sauce

Pick over, remove wilted leaves, and soak in cold water fifteen minutes. Cook in boiling salted water twenty minutes, or until easily

pierced with a skewer. Drain, and to each pint add one cup White Sauce II.

Scalloped Brussels Sprouts

Pick over, remove wilted leaves, and soak in cold water one quart sprouts. Cook in boiling salted water until soft, then drain. Wash celery and cut in pieces; there should be one and one-half cups. Melt three tablespoons butter, add celery, cook two minutes, add three tablespoons flour, and pour on gradually one and one-half cups scalded milk; add sprouts and turn mixture into a baking dish. Cover with buttered crumbs and bake in a hot oven until crumbs are brown.

Brussels Sprouts with Celery

Remove wilted leaves from one quart Brussels sprouts and soak in cold water fifteen minutes. Drain and cook in boiling, salted water twenty minutes, or until easily pierced with a skewer; again drain. Wash celery and cut in small pieces; there should be one and one-half cups. Melt three tablespoons butter, add celery, and cook two minutes, then add three tablespoons flour and pour on gradually one and one-half cups scalded milk. Bring to the boiling-point, add sprouts, season with salt and pepper, and serve as soon as sprouts are reheated.

Brussels Sprouts with Chestnuts

Pick over one quart Brussels sprouts, remove wilted leaves and soak in water to cover, to which has been added one-eighth teaspoon soda. Drain and cook in boiling, salted water to cover, until soft. Drain and sauté in three tablespoons butter.

Remove shells from French chestnuts and cook in boiling, salted water to cover until soft; there should be one cup. Cook one-fourth cup butter with two teaspoons sugar until well browned, stirring constantly. Add chestnuts and cook until chestnuts are browned; then add sautéed sprouts, one-third cup brown stock, one-half teaspoon beef extract, one-half teaspoon salt, and a few grains cayenne.

Cabbage

There are four kinds of cabbage in the market, — drum-head, sugar-loaf, Savoy, and purple; and some variety may be found throughout the year. The Savoy is best for boiling; drum-head and purple for Cole-Slaw. In buying, select heavy cabbages.

Boiled Cabbage

Take off outside leaves, cut in quarters, and remove tough stalk. Soak in cold water and cook in an uncovered vessel in boiling salted water, to which is added one-fourth teaspoon soda; this prevents disagreeable odor during cooking. Cook from thirty minutes to one hour, drain, and serve; or chop, and season with butter, salt, and pepper.

Escalloped Cabbage

Cut one-half boiled cabbage in pieces; put in buttered baking dish, sprinkle with salt and pepper, and add one cup White Sauce II. Lift cabbage with fork, that it may be well mixed with sauce, cover with buttered crumbs, and bake until crumbs are brown.

Smothered Cabbage

Take off outside wilted leaves from a firm, medium-sized cabbage, cut in quarters, and remove tough centre portion; then finely chop or force through a meat chopper; there should be five cups. Melt five tablespoons butter in hot iron frying pan, add two tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup milk. Bring to the boiling-point and add two teaspoons salt, one-fourth teaspoon pepper, and cabbage. Mix thoroughly, cover, put on back of range, and cook slowly from fifty to sixty minutes.

German Cabbage

Slice red cabbage and soak in cold water. Put one quart in stew-pan with two tablespoons butter, one-half teaspoon salt, one tablespoon finely-chopped onion, few gratings of nutmeg, and few grains cayenne; cover, and cook until cabbage is tender. Add two tablespoons vinegar and one-half tablespoon sugar, and cook five minutes.

Cole-Slaw

Select a small, heavy cabbage, take off outside leaves, and cut in quarters; with a sharp knife slice very thinly. Soak in cold water until crisp, drain, dry between towels, and mix with Cream Salad Dressing.

Hot Slaw

Slice cabbage as for Cole-Slaw, using one-half cabbage. Heat in a dressing made of yolks of two eggs slightly beaten, one-fourth cup cold

water, one tablespoon butter, one-fourth cup hot vinegar, and one-half teaspoon salt, stirred over hot water until thickened.

Carrots

Carrots may always be found in market. New carrots appear last of April, and are sold in bunches; these may be boiled and served, but carrots are chiefly used for flavoring soups, and for garnishing, on account of their bright color. To prepare carrots for cooking, wash and scrape, as best flavor and brightest color are near the skin.

Carrots and Peas

Wash, scrape, and cut young carrots in small cubes or fancy shapes; cook until soft in boiling salted water or stock. Drain, add an equal quantity of cooked green peas, and season with butter, salt, and pepper.

Mint Glazed Carrots with Peas

Wash, scrape, and cut three medium-sized carrots in one-fourth-inch slices, then in strips or fancy shapes, using French vegetable cutters. Cook in boiling, salted water fifteen minutes, and drain. Put in saucepan with one-half cup butter, one-half cup sugar, and one tablespoon chopped fresh mint leaves. Cook slowly until soft and glazed. Drain and rinse thoroughly one can French peas. Cook ten minutes in boiling water to cover, drain, and season with butter, salt, and pepper. Turn peas on hot serving dish and surround with carrots.

Carrots, Poulette Sauce

Wash, scrape, and cut carrots in strips, cubes, or fancy shapes, cover with boiling water, let stand five minutes; drain, and cook in boiling salted water, to which is added one-half tablespoon butter, until soft. Add to recipe for sauce given under Macédoine of Vegetables à la Poulette (see p. 371).

Carrot Timbales

Wash and scrape carrots. Cut off the deepest-colored portion in thin slices, lengthwise of vegetables, and fill a quart measure packed solidly. Cook in two tablespoons butter ten minutes, stirring constantly; then cover with boiling water or stock and cook until soft. Drain and force through a purée strainer. Add two whole eggs and one egg yolk slightly beaten, and season with salt and pepper. Fill

buttered timbale moulds (garnished with hard-boiled egg, cut in fancy shapes) two-thirds full, set in pan of hot water, cover with buttered paper, and bake fifteen minutes.

Cauliflower

Cauliflowers comprise the stalks and flowerets of a plant which belongs to the same family as Brussels sprouts and cabbage; they may be obtained throughout the year, but are cheapest and best in September and October. In selecting cauliflowers, choose those with white heads and fresh green leaves; if dark spots are on the heads, they are not fresh.

Creamed Cauliflower

Remove leaves, cut off stalk, and soak thirty minutes (head down) in cold water to cover. Cook (head up) twenty minutes or until soft in boiling salted water; drain, separate flowerets, and reheat in one and one-half cups White Sauce II.

Cauliflower à la Hollandaise

Prepare as for Creamed Cauliflower, using Hollandaise Sauce instead of White Sauce.

Cauliflower au Gratin

Place a whole cooked cauliflower on a dish for serving, cover with buttered crumbs, and place on oven grate to brown crumbs; remove from oven and pour one cup White Sauce II around cauliflower.

Cauliflower à la Parmesan

Prepare as Cauliflower au Gratin. Sprinkle with grated cheese before covering with crumbs.

Cauliflower à la Huntington

Prepare cauliflower as for boiled cauliflower, and steam until soft. Separate in pieces and pour over the following sauce:

Mix one and one-half teaspoons mustard, one and one-fourth teaspoons salt, one teaspoon powdered sugar, and one-fourth teaspoon paprika. Add yolks three eggs slightly beaten, one-fourth cup olive oil, and one-half cup vinegar in which one-half teaspoon finely chopped shallot has infused five minutes. Cook over hot water until mixture thickens. Remove from range, and add one-half tablespoon curry

powder, two tablespoons melted butter, and one teaspoon finely-chopped parsley.

Cauliflower Allemande

Drain a cooked cauliflower, place in a baking dish, cover with sauce, sprinkle with one-fourth cup grated Parmesan cheese, and bake until cheese is melted. For the sauce: Melt two tablespoons butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken stock. Bring to the boiling-point and add one-half teaspoon salt, few grains pepper, yolks two eggs (slightly beaten), and one-half cup grated Parmesan cheese.

Cauliflower Mousselaine

Drain a cooked cauliflower, separate into flowerets, and pour over the following sauce: Mix the yolks of two eggs, slightly beaten, one-fourth cup cream, one-half teaspoon salt, one-eighth teaspoon nutmeg, and the juice of one-half lemon. Cook in double boiler, stirring constantly, until mixture thickens. Add two tablespoons butter, bit by bit, and when butter is melted, pour over cauliflower at once.

Cauliflower Polonaise

Remove leaves from cauliflower, cut off stalk, and soak thirty minutes (head down) in cold water to cover. Cook (head up) twenty-five minutes or until tender in one quart boiling water to which has been added one pint milk and one tablespoon salt. Drain, place on a hot serving dish, sprinkle with the yolks of two hard-boiled eggs, forced through a purée strainer, and mixed with one tablespoon finely-chopped parsley and one-third cup coarse bread crumbs cooked in butter until delicately browned.

Swiss Chard

Pick over, wash, and drain one peck Swiss chard. Cook twenty-five minutes in two quarts boiling water, to which has been added one tablespoon salt. Drain, reheat, and season with butter, salt, and pepper. Serve with vinegar.

Celery

Celery may be obtained from last of July until April. It is best and cheapest in December. Celery stalks are green while growing; but the white celery seen in market has been bleached, with the ex-

ception of Kalamazoo variety, which grows white. To prepare celery for table, cut off roots and leaves, separate stalks, wash, scrape, and chill in ice-water. By adding a slice of lemon to ice-water celery is kept white and made crisp. If tops of stalks are gashed several times before putting in water, they will curl back and make celery look more attractive.

Celery in White Sauce

Wash, scrape, and cut celery stalks in one-inch pieces; cook twenty minutes or until soft in boiling salted water; drain, and to two cups celery add one cup White Sauce II. This is a most satisfactory way of using the outer stalks of celery.

Fried Celery, Tomato Sauce

Wash and scrape celery, cut in three-inch pieces, dip in batter, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce.

Batter. Mix one-half cup bread flour, one-fourth teaspoon salt, a few grains pepper, one-third cup milk, and one egg well beaten.

Chicory or Endive

Chicory or endive may be obtained throughout the year, but during January, February, March, and April supply is imported. It is used only for salads.

Corn

Corn may be found in market from first of June to first of October. Until native corn appears it is the most unsatisfactory vegetable. Native corn is obtainable the last of July, but is most abundant and cheapest in August. Among the best varieties are Golden Bantam, Crosby, and Evergreen.

Boiled Green Corn

Remove husks and silky threads. Cook ten to twenty minutes in boiling water. Place on platter covered with napkin; draw corners of napkin over corn; or cut from cob and season with butter and salt.

Succotash

Cut hot boiled corn from cob, add equal quantity of hot boiled shelled beans; season with butter and salt; reheat before serving.

Corn Oysters I

Grate raw corn from cobs. To one cup pulp add one well-beaten egg, one-fourth cup flour, and season highly with salt and pepper.

Drop by spoonfuls and fry in deep fat, or cook on a hot, well-greased griddle. They should be made about the size of large oysters.

Corn Oysters II

1 can corn
1½ teaspoons salt
⅛ teaspoon pepper
2 tablespoons milk
¾ cup cracker crumbs
1 egg, well beaten

Put corn in saucepan, let stand one-half hour, bring to the boiling-point and let simmer fifteen minutes. Add remaining ingredients and drop by spoonfuls on a hot iron frying pan, which contains a small quantity of bacon fat. Brown on one side, turn and brown other side.

Corn Fritters

1 can corn
1¼ cups flour
1 teaspoon baking powder
2 teaspoons salt
¼ teaspoon paprika
2 eggs

Chop corn, drain, and add dry ingredients mixed and sifted, then add yolks of eggs, beaten until thick, and fold in whites of eggs beaten stiff. Cook in a frying pan in fresh hot lard. Drain on paper.

Corn à la Southern

To one can chopped corn add two eggs slightly beaten, one teaspoon salt, one-eighth teaspoon pepper, one and one-half tablespoons melted butter, and one pint scalded milk; turn into a buttered pudding dish and bake in slow oven until firm.

Corn Soufflé

1 can corn
1 tablespoon butter
2 tablespoons flour
1 cup milk
1¼ teaspoons salt
Few grains pepper
2 eggs

Melt butter, add flour and pour on gradually milk; bring to the boiling-point, add corn, seasonings, yolks of eggs, beaten until thick and lemon-colored, and whites of eggs, beaten until stiff and dry. Turn into a buttered dish and bake in a moderate oven from twenty five minutes to thirty minutes.

Escalloped Corn

1 small green pepper
½ onion, finely chopped
2 tablespoons butter
2 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
¼ teaspoon mustard
Few grains cayenne
½ cup milk
1 cup canned corn
Yolk 1 egg
½ cup dried bread
1 tablespoon butter
⅔ cup buttered cracker crumbs

Wipe pepper, cut in halves, lengthwise, and remove seeds; then cut in strips, and strips in halves, crosswise. Cook pepper, onion, and butter five minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended; then pour on gradually, while stirring constantly, milk; bring to the boiling-point and add corn, egg yolk, and bread broken in small pieces and cooked with one tablespoon butter until well browned. Turn into a buttered baking dish, cover with buttered crumbs and bake in a hot oven until crumbs are brown.

Richmond Corn Cakes

¾ cup canned corn
½ cup milk
½ tablespoon sugar
2 eggs
⅞ cup flour
1 tablespoon baking powder
½ teaspoon salt

To corn add milk, sugar, and egg well beaten. Mix and sift flour, baking powder, and salt. Combine mixtures, drop by tablespoons in buttered muffin rings set in a buttered dripping pan, and bake in a moderate oven. A delicious accompaniment to roast beef.

Corn Toast

¼ tablespoon finely chopped onion
1½ tablespoons butter
1 cup canned corn
1 pint cream
½ teaspoon salt
¼ teaspoon paprika
6 slices toasted bread

Cook onion with butter two minutes, stirring constantly. Add corn, cream, and seasonings, bring to the boiling-point and let simmer five minutes. Pour over toast (from which crusts have been removed), garnish with toast points, and serve at once.

Chestnuts

French and Italian chestnuts are served in place of vegetables.

Chestnuts en Casserole

Remove shells from three cups chestnuts, put in a casserole dish, and pour over three cups highly seasoned chicken stock. Cover, and cook in a slow oven three hours; then thicken chicken stock with two tablespoons butter and one and one-half tablespoons flour cooked together. Send to table in casserole dish.

To Shell Chestnuts. Cut a half-inch gash on flat sides and put in an omelet pan, allowing one-half teaspoon butter to each cup chestnuts. Shake over range until butter is melted. Put in oven and let stand five minutes. Remove from oven, and with a small knife take off shells. By this method shelling and blanching is accomplished at the same time, as skins adhere to shells.

Chestnut Purée

Remove shells from chestnuts, cook until soft in boiling salted water; drain, mash, moisten with scalded milk, season with salt and pepper, and beat until light. Chestnuts are often boiled, riced, and piled lightly in centre of dish, then surrounded by meat.

Baked Chestnuts

Remove shells from one pint chestnuts, put in a baking dish, cover with Chicken Stock highly seasoned with salt and cayenne, and bake until soft, keeping covered until nearly done. There should be a small quantity of stock in pan to serve with chestnuts.

Cucumbers

Cucumbers may be obtained throughout the year, and are generally served raw. During the latter part of the summer they are gathered and pickled for subsequent use. Small pickled cucumbers are called gherkins.

Sliced Cucumbers

Remove thick slices from both ends and cut off a thick paring, as the cucumber contains a bitter principle, a large quantity of which lies near the skin and stem end. Cut in thin slices and keep in cold water until ready to serve. Drain, and cover with crushed ice for serving.

Boiled Cucumbers

Old cucumbers may be pared, cut in pieces, cooked until soft in boiling salted water, drained, mashed, and seasoned, with butter, salt, and pepper.

Fried Cucumbers

Wipe and pare cucumbers and cut lengthwise in one-third-inch slices. Dry between towels, sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Stuffed Cucumbers

Wipe and pare three cucumbers, cut in halves crosswise, remove seeds, and let stand in cold water thirty minutes. Drain, wipe, and fill with force-meat, using recipe for Chicken Force-meat I or II, substituting veal for chicken. Place upright on a trivet in a saucepan. Half surround with White Stock, cover, and cook forty minutes. Place on thin slices of dry toast, cut in circular shapes, and pour around one and one-half cups Béchamel Sauce. Serve as a vegetable course or an entrée.

Baked Stuffed Cucumbers

Wipe and pare cucumbers, cut in two-inch pieces, crosswise, removing seeds. Mix four tablespoons bread crumbs, two tablespoons finely chopped cooked ham, and two tablespoons grated Parmesan cheese. Moisten with tomato sauce, and season with salt, pepper, and cayenne. Put cucumber cups in shallow pan, fill with mixture, surround with chicken stock and bake thirty minutes. Remove, cover with buttered bread crumbs, and bake until crumbs are brown.

Cucumber Jelly

2 cups chicken stock
1 slice onion
1 sprig parsley
2 cucumbers
1½ tablespoons granulated gelatine
Green coloring

To chicken stock add onion, parsley, and cucumbers, pared and grated. Cover and let stand two hours. Heat gradually to the boiling-point, add gelatine, and color green. Let stand until nearly cold; then strain into individual paper cases, in the bottom of each of which is a slice of cucumber. Garnish tops with Mayonnaise Dressing and halves of blanched Jordan almonds.

Fried Eggplant I

Pare an eggplant and cut in very thin slices. Sprinkle slices with salt and pile on a plate. Cover with a weight to express the juice, and

let stand one and one-half hours. Dredge with flour and sauté slowly in butter until crisp and brown. Eggplant is in season from September to February.

Fried Eggplant II

Pare an eggplant, cut in one-fourth-inch slices, and soak over night in cold salted water. Drain, let stand in cold water one-half hour, drain again, and dry between towels. Sprinkle with salt and pepper, dip in batter, or dip in flour, egg, and crumbs, and fry in deep fat.

Stuffed Eggplant

Cook eggplant fifteen minutes in boiling salted water to cover. Cut a slice from top, and with a spoon remove pulp, taking care not to work too closely to skin. Chop pulp, and add one cup soft stale bread crumbs. Melt two tablespoons butter, add one-half tablespoon finely chopped onion, and cook five minutes, or try out three slices of bacon, using bacon fat in place of butter. Add to chopped pulp and bread, season with salt and pepper, and if necessary moisten with a little stock or water; cook five minutes, cool slightly, and add one beaten egg. Refill eggplant, cover with buttered bread crumbs, and bake twenty-five minutes in a hot oven.

Baked Eggplant

Pare an eggplant, cut in one-fourth-inch slices, crosswise, and soak in cold water to cover, two hours. Drain and cook in boiling, salted water to cover until soft. Again drain and mash; then add one-fourth cup butter, one-half cup stale bread crumbs, two eggs, well beaten, a few drops onion juice, one-half teaspoon salt, and one-eighth teaspoon pepper. Line buttered Dario or individual moulds with canned pimientos (drained and dried). Fill with eggplant mixture, sprinkle with buttered crumbs, and bake in a hot oven fifteen minutes. Remove from moulds and garnish with sprigs of parsley.

Baked Stuffed Eggplant

Wipe eggplant and cut in quarters, lengthwise. Remove pulp close to skin, leaving thin shells. Force pulp through a meat chopper and drain; there should be two and two-thirds cups. Put in a saucepan, add one and one-half cups ham stock, bring to the boiling-point, and let boil twenty minutes. Add three-fourths cup coarse, dried bread crumbs, one-fourth cup melted butter, one teaspoon lemon juice, one-

half teaspoon salt, and one egg, slightly beaten. Fill shells with mixture, sprinkle with buttered crumbs, and bake in a hot oven fifteen minutes.

Eggplant Turque

Wipe three small eggplants, cut in halves, lengthwise, fry in deep fat twelve minutes, and drain. Scoop out inside and finely chop. Put two tablespoons olive oil in saucepan, and, when heated, add one tablespoon finely chopped onion, and cook five minutes. Add three tablespoons uncooked rice, and one-half clove of garlic, finely chopped, and cook five minutes; then add chopped eggplant, one cup tomato sauce, one-half teaspoon salt, and one-fourth teaspoon grated nutmeg. Turn into a buttered dish and bake forty-five minutes. Add yolks two eggs, slightly beaten, and stuff eggplant shells with mixture. Cover with buttered crumbs and bake until crumbs are brown.

Scalloped Eggplant

Pare an eggplant and cut in two-thirds-inch cubes. Cook in a small quantity of boiling water until soft, then drain. Cook two tablespoons butter with one-half onion, finely chopped, until yellow, add three-fourths tablespoon finely-chopped parsley and eggplant. Turn into a buttered baking dish. Cover with buttered crumbs and bake until crumbs are brown.

Greens

Hothouse beet greens and dandelions appear in market the first of March, when they command a high price. Those grown out of doors are in season from middle of May to first of July.

Boiled Beet Greens

Wash thoroughly and scrape roots, cutting off ends. Drain, and cook one hour or until tender in a small quantity boiling salted water. Season with butter, salt, and pepper. Serve with vinegar.

Dandelions

Wash thoroughly, remove roots, drain, and cook one hour or until tender in boiling salted water. Allow two quarts water to one peck dandelions. Season with butter, salt, and pepper. Serve with vinegar.

Lettuce

Lettuce is obtainable all the year, and is especially valuable during the winter and spring, when other green vegetables in market command a high price. Although containing but little nutriment, it is useful for the large quantity of water and potash salts that it contains, and assists in stimulating the appetite. Curly lettuce is of less value than Tennis Ball, but makes an effective garnish.

Lettuce should be separated by removing leaves from stalk (discarding wilted outer leaves), washed, kept in cold water until crisp, drained, and so placed on a towel that water may drop from leaves. A bag made from white mosquito netting is useful for drying lettuce. Wash lettuce leaves, place in bag, and hang in lower part of ice-box to drain. Wire baskets are used for the same purpose. Arrange lettuce for serving in nearly its original shape.

Leeks on Toast

Wash and trim leeks, cook in boiling salted water until soft, and drain. Arrange on pieces of buttered toast and pour over melted butter, seasoned with salt and pepper.

Onions

The onion belongs to the same family (Lily) as do *shallot*, *garlic*, *leek*, and *chive*. Onions are cooked and served as a vegetable. They are wholesome, and contain considerable nutriment, but are objectionable on account of the strong odor they impart to the breath, due to volatile substances absorbed by the blood, and by the blood carried to the lungs, where they are set free. The common garden onion is obtainable throughout the year, the new ones appearing in market about the first of June. In large centres Bermuda and Spanish onions are procurable from March 1st to June 1st, and are of delicate flavor.

Shallot, leek, garlic, and chive are principally used to give additional flavor to food. Shallot, garlic, and chive are used, to some extent, in making salads.

Boiled Onions

Put onions in cold water and remove skins while under water. Drain, put in a saucepan, and cover with boiling salted water; boil five minutes, drain, and again cover with boiling salted water. Cook

one hour or until soft, but not broken. Drain, add a small quantity of milk, cook five minutes, and season with butter, salt, and pepper.

Onions in Cream

Prepare and cook as Boiled Onions, changing the water twice during boiling; drain, and cover with Cream or White Sauce II.

Scalloped Onions

Cut Boiled Onions in quarters. Put in a buttered baking dish, cover with White Sauce II, sprinkle with buttered cracker crumbs, and place on centre grate in oven to brown crumbs.

Glazed Onions

Peel and prick small silver skinned onions, and cook in boiling water fifteen minutes. Drain, and dry on cheesecloth. Melt three tablespoons butter, add two tablespoon sugar and onions, and cook twenty minutes or until browned, using an asbestos mat under saucepan the last of the cooking.

Fried Onions

Remove skins from four medium-sized onions. Cut in thin slices and put in a hot omelet pan with one and one-half tablespoons butter. Cook until brown, occasionally shaking pan that onions may not burn, or turn onions, using a fork. Sprinkle with salt one minute before taking from fire.

French Fried Onions

Peel onions, cut in one-fourth-inch slices, and separate into rings. Dip in milk, drain, and dip in flour. Fry in deep fat, drain on brown paper, and sprinkle with salt.

Stuffed Onions

Remove skins from onions, and parboil ten minutes in boiling salted water to cover. Turn upside down to cool, and remove part of centres. Fill cavities with equal parts of finely-chopped cooked chicken, mushrooms, stale soft bread crumbs, and finely-chopped onion which was removed, seasoned with salt and pepper, and moistened with cream or melted butter, place in buttered shallow baking pan, sprinkle with buttered crumbs, and bake in a moderate oven until onions are soft.

Creamed Silver Skins

Peel three cups small silver skinned onions and cook in boiling, salted water to cover, fifteen minutes. Drain, add one cup thin cream, and cook in double boiler until soft, adding three-fourths teaspoon salt the last ten minutes of the cooking.

Onion Soufflé

Cook onions in boiling salted water until soft, drain, and force through a sieve; there should be one and one-fourth cups onion pulp. Melt four tablespoons butter, add four tablespoons flour, and pour on gradually one-third cup water in which onions have been cooked and one-third cup cream; then add onion pulp and bring to the boiling-point. Season with salt and pepper. Beat yolks of three eggs until thick and lemon-colored and add to first mixture. Cut and fold in whites of eggs beaten until stiff and dry. Turn into a buttered baking dish and bake twenty-five minutes in a moderate oven. Serve at once.

Onion Farci

Peel six large Bermuda onions and remove a part of the inside. Put in saucepan, cover with boiling water, and let boil six minutes. Drain, and stuff with veal force-meat. Place onions in pan on six thin slices fat salt pork, pour around one cup brown or chicken stock, and bake until onions are soft; the time required being about thirty-five minutes. Remove onions to serving dish, strain stock, skim off all fat that is possible, add one teaspoon beef extract, one-fourth tablespoon butter, and salt and pepper to taste. Pour over onions.

Veal Force-meat. Finely chop raw veal; there should be one-half cup. Add two tablespoons finely chopped fat salt pork and one-half cup soft bread crumbs, cooked with one tablespoon butter and one tablespoon finely-chopped onion, three minutes. When mixture is well blended add one-half teaspoon salt, one-eighth teaspoon pepper, and one egg, slightly beaten.

Creamed Oyster Plant (Salsify)

Wash, scrape, and put at once into cold acidulated water to prevent discoloration. Cut in inch slices, cook in boiling salted water until soft, drain, and add to White Sauce II. Oyster plant is in season from October to March.

Salsify Fritters

Cook oyster plant as for Creamed Oyster Plant. Mash, season with butter, salt, and pepper. Shape in small flat cakes, roll in flour, and sauté in butter.

Oyster Plant with Fine Herbs

Wash and scrape one bunch oyster plant. Put at once into cold acidulated water and let stand ten minutes. Cut in one-inch slices crosswise and cook in boiling salted water to cover until soft. Drain, put in pan with three tablespoons butter, reheat. Add one teaspoon finely-chopped parsley and one-half teaspoon finely-chopped chives. Sprinkle with salt and pepper.

Parsnips with Drawn Butter Sauce

Wash and scrape parsnips, and cut in pieces two inches long and one-half inch wide and thick. Cook five minutes in boiling salted water, or until soft. Drain, and to two cups add one cup Drawn Butter Sauce.

Sautéed Parsnips

Cut cold, boiled young parsnips in sixths, lengthwise. Sauté in butter until delicately browned and sprinkle with salt and pepper.

Parsnip Fritters

Wash parsnips and cook forty-five minutes in boiling salted water. Drain, plunge into cold water, when skins will be found to slip off easily. Mash, season with butter, salt, and pepper, shape in small flat round cakes, roll in flour, and sauté in butter.

Peas

Peas contain, next to beans, the largest percentage of protein of any of the vegetables, and when young are easy of digestion. They appear in market as early as April, coming from Florida and California, and although high in price are hardly worth buying, having been picked so long. Native peas may be obtained the middle of June, and last until the first of September. The early June are small peas, contained in a small pod. McLean, the best peas, are small peas in large flat pods. Champion peas are large, and the pods are well filled, but they lack sweetness. Marrowfat peas are the largest in the market, and are usually sweet.

Boiled Peas

Remove peas from pods, cover with cold water, and let stand one-half hour. Skim off undeveloped peas which rise to top of water, and drain remaining peas. Cook until soft in a small quantity of boiling water, adding salt the last fifteen minutes of cooking. (Consult Time Table for Cooking, p. 25.) There should be but little, if any, water to drain from peas when they are cooked. Season with butter, salt, and pepper. If peas have lost much of their natural sweetness, they are improved by the addition of a small amount of sugar.

Creamed Peas

Drain Boiled Peas, and to two cups peas add three-fourths cup White Sauce II. Canned peas are often drained, rinsed, and reheated in this way.

Pea Timbales

Drain and rinse one can peas, and rub through a sieve. To one cup pea pulp add two beaten eggs, two tablespoons melted butter, two-thirds teaspoon salt, one-eighth teaspoon pepper, few grains cayenne, and few drops onion juice. Turn into buttered moulds, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with one cup white sauce to which is added one-third cup canned peas drained and rinsed.

Stuffed Peppers I

6 green peppers
1 onion, finely chopped
2 tablespoons butter
4 tablespoons chopped mushrooms
¼ cup Brown Sauce
3 tablespoons bread crumbs
Salt and pepper
Buttered bread crumbs
4 tablespoons lean raw ham, finely chopped

Cut a slice from stem end of each pepper, remove seeds, and parboil peppers, fifteen minutes.

Cook onion in butter three minutes; add mushrooms and ham, and cook one minute, then add Brown Sauce and bread crumbs. Cool mixture, sprinkle peppers with salt, fill with cooked mixture, cover with butter bread crumbs, and bake ten minutes. Serve on toast with Brown Sauce.

Stuffed Peppers II

Prepare peppers as for Stuffed Peppers I. Fill with equal parts of finely-chopped cold cooked chicken or veal, and softened bread crumbs, seasoned with onion juice, salt, and pepper.

Peppers Stuffed with Fresh Green Corn

Cut a thick slice from the stem end of each pepper, remove seeds, and parboil peppers fifteen minutes in boiling salted water to which is added one-eighth teaspoon soda. Drain, fill with corn mixture, arrange on serving dish, sprinkle tops with paprika, and garnish with parsley.

Corn Mixture. Remove husks and silky threads from one dozen ears of green corn. Cut lengthwise of cob through each row of kernels and scrape with a knife to remove pulp; there should be two and one-half cups. Put pulp in omelet pan, add one-half cup milk and cook slowly, on back of range, twenty-five minutes, stirring frequently. If cooked on a gas range, gas flame should be turned low and covered with an asbestos mat. Season with butter, salt, and pepper.

Jarvis Stuffed Peppers

Cut slices from stem ends of six green peppers, remove seeds and parboil three minutes in one quart boiling water to which has been added one-eighth teaspoon soda. Bring one-half can tomatoes to boiling-point and let simmer twenty minutes; then rub through a sieve and continue the simmering until there is one-half cup tomato purée. Season with salt and pepper and add one-half cup hot boiled rice. Let stand until rice has absorbed tomato; then add one sweetbread, parboiled and cut in small cubes. Season with one-half teaspoon salt and one-eighth teaspoon paprika. Fill peppers with mixture, arrange in a pan, sprinkle tops with buttered bread crumbs, and bake until crumbs are brown. Remove to circular pieces of sautéed bread and pour around

Littleton Sauce. Mix one teaspoon flour and one teaspoon mustard, and when thoroughly blended add one tablespoon melted butter, one tablespoon vinegar, one-half cup boiling water, and the beaten yolks of three eggs. Cook in double boiler, stirring constantly, until mixture thickens. Add one-fourth teaspoon salt, and a few grains, each, pepper and cayenne. Just before serving add one tablespoon currant jelly separated in small pieces.

Templeton Stuffed Peppers

Wipe four long, green peppers and parboil ten minutes in one quart boiling water, to which has been added one-fourth teaspoon soda. Drain, cut in halves, lengthwise, remove seeds, stuff, arrange in pan, cover with buttered crumbs, and bake until crumbs are brown.

For the stuffing cook one-half tablespoon chopped onion, and one-half tablespoon green pepper, cut in small pieces, in two tablespoons butter five minutes, stirring constantly. Add two tablespoons flour mixed with one teaspoon salt, one-fourth teaspoon paprika, one-fourth teaspoon mustard, and a few grains cayenne. Pour on gradually, while stirring constantly, one-half cup milk; bring to the boiling-point, add one cup canned corn, and cook five minutes; then add one egg, slightly beaten, and two-thirds cup dry bread, broken in very small pieces and sautéed in butter until well browned.

Pumpkins

Pumpkins are boiled or steamed same as squash, but require longer cooking. They are principally used for making pies.

Radishes

Radishes may be obtained throughout the year. There are round and long varieties, the small round ones being considered best. They are bought in bunches, six and seven constituting a bunch. Radishes are used merely for a relish, and are served uncooked. To prepare radishes for table, remove leaves, stems, and tip end of root, scrape roots, and serve on crushed ice. Round radishes look very attractive cut to imitate tulips, when they should not be scraped; to accomplish this, begin at root end and make six incisions through skin running three-fourths length of radish. Pass knife under sections of skin, and cut down as far as incisions extend. Place in cold water, and sections of skin will fold back, giving radish a tulip-like appearance.

Spinach

Spinach is cheapest and best in early summer, but is obtainable throughout the year. It gives variety to winter diet, when most green vegetables are expensive and of inferior quality.

Boiled Spinach

Remove roots, carefully pick over (discarding wilted leaves), and wash in several waters to be sure that it is free from all sand. Put in a stewpan, allow to heat gradually, and boil twenty-five minutes, or until tender, in its own juices. Drain thoroughly, chop finely, reheat, and season with butter, salt, and pepper. Mound on a serving dish and garnish with slices of hard-boiled eggs and toast points.

Spinach à la Béchamel

Prepare one-half peck Boiled Spinach. Put three tablespoons butter in hot omelet pan; when melted, add chopped spinach, cook three minutes. Sprinkle with two tablespoons flour, stir thoroughly, and add gradually three-fourths cup milk; cook five minutes.

Purée of Spinach

Wash, pick over, and cook one-half peck spinach. Drain, chop finely, and rub through a sieve. Reheat, add three tablespoons butter, one tablespoon flour, and one-half cup cream. Arrange on serving dish and garnish with yolk and white of hard-boiled egg and fried bread cut in fancy shapes.

Spinach (French Style)

Wash, pick over, and cook one peck spinach. Drain, and finely chop. Reheat in hot pan with four tablespoons butter to which have been added three tablespoons flour and two-thirds cup Chicken Stock. Season with one teaspoon powdered sugar, salt, pepper, and a few gratings each of nutmeg and lemon rind.

Moulded Spinach

Wash, pick over, and cook one peck spinach. Drain very thoroughly and finely chop. Season with one-third cup butter and three-fourths teaspoon salt, and reheat. Press into a buttered border mould, and keep in a warm place until serving time. Remove to hot platter and fill centre with seasoned, small boiled beets. Pour around one and one-half cups White Sauce II, and surround with four hard-boiled eggs, cut in sixths, lengthwise.

Mounded Spinach on Artichoke Bottoms

Wash, pick over, and cook one-half peck spinach. Drain, finely chop, and season with butter, salt, and pepper.

Drain canned artichoke bottoms, put in a shallow or omelet pan, cover bottom of pan with boiling water, and add three tablespoons vinegar and one teaspoon salt. Cover and cook until artichokes are thoroughly heated. Drain, mound with cooked spinach, put in oven to reheat, and garnish with yolks of hard-boiled eggs rubbed through a coarse strainer, and whites of hard-boiled eggs cut in fancy shapes.

Soubrics of Spinach

Wash, boil, and drain two quarts spinach; then chop. Add two tablespoons grated Parmesan cheese and two egg yolks, slightly beaten, and season with one-half teaspoon salt and a few grains, each, cayenne and nutmeg. Cook five minutes, stirring constantly. Remove from range and stir in the unbeaten white of one egg. Measure by rounding tablespoonfuls, sauté in butter, arrange on hot serving dish, and pour around one cup white sauce.

Squash

Summer squash, which are in market during the summer months, should be young, tender, and thin skinned. The common varieties are the white round and yellow crooked-neck. Some of the winter varieties appear in market as early as the middle of August; among the most common are Marrow, Turban, and Hubbard. Turban and Hubbard are usually drier than Marrow. Marrow and Turban have a thin shell, which may be pared off before cooking. Hubbard Squash has a very hard shell, which must be split in order to separate squash in pieces, and squash then cooked in the shell. In selecting winter squash, see that it is heavy in proportion to its size.

Boiled Summer Squash

Wash squash and cut in thick slices or quarters. Cook twenty minutes, or until soft, in boiling salted water. Turn in a cheesecloth placed over a colander, drain, and wring in cheesecloth. Mash, and season with butter, salt, and pepper.

Fried Summer Squash I

Wash, and cut in one-half-inch slices. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, fry in hot fat, and drain.

Fried Summer Squash II

Follow recipe for Fried Eggplant I.

Steamed Winter Squash

Cut in pieces, remove seeds and stringy portion, and pare. Place in a strainer and cook thirty minutes, or until soft, over boiling water. Mash, and season with butter, salt, and pepper. If lacking in sweetness, add a small quantity of sugar.

Boiled Winter Squash

Prepare as for Steamed Winter Squash. Cook in boiling salted water, drain, mash, and season. Unless squash is very dry, it is much better steamed than boiled.

Baked Winter Squash I

Cut in pieces two inches square, remove seeds and stringy portion, place in a dripping pan, sprinkle with salt and pepper, and allow for each square one-half teaspoon molasses and one-half teaspoon melted butter. Bake fifty minutes, or until soft, in a moderate oven, keeping covered the first half-hour of cooking. Serve in the shell.

Baked Winter Squash II

Cut squash in halves, remove seeds and stringy portion, place in a dripping pan, cover, and bake two hours, or until soft, in a slow oven. Remove from shell, mash, and season with butter, salt, and pepper.

Tomatoes

Tomatoes are obtainable throughout the year, but are cheapest and best in September. Hothouse tomatoes are in market during the winter.

Southern tomatoes appear as early as May 1st, and although of good color, lack flavor.

Sliced Tomatoes

Wipe, and cover with boiling water; let stand one minute, when they may be easily skinned. Chill thoroughly, and cut in one-third-inch slices.

Stewed Tomatoes

Wipe, pare, cut in pieces, put in stewpan, and cook slowly twenty minutes, stirring occasionally. Season with butter, salt, and pepper.

Scalloped Tomatoes

Remove contents from one can tomatoes and drain tomatoes from some of their liquor. Season with salt, pepper, a few drops of onion juice, and sugar if preferred sweet. Cover the bottom of a buttered baking dish with buttered bread crumbs, cover with tomatoes, and sprinkle top thickly with buttered crumbs. Bake in a hot oven until crumbs are brown.

Broiled Tomatoes

Wipe tomatoes and cut in halves crosswise, cut off a thin slice from rounding part of each half. Sprinkle with salt and pepper, dip in crumbs, egg, and crumbs again, place in a well-buttered broiler, and broil six to eight minutes.

Broiled Tomatoes
Horseradish Hollandaise

Wipe and remove skins from medium-sized tomatoes. Cut in halves, crosswise, sprinkle with salt and pepper, brush over with melted butter, and broil from six to eight minutes. Remove to circular pieces of sautéed bread or buttered toast and on each put a tablespoon Horseradish Hollandaise (see p. 328).

Tomatoes à la Crême

Wipe, peel, and slice three tomatoes. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Place on a hot platter and pour over them one cup White Sauce I.

Devilled Tomatoes

3 tomatoes
Salt and pepper
Flour
Butter for sautéing
4 tablespoons butter
2 teaspoons powdered sugar
1 teaspoon mustard
¼ teaspoon salt
Few grains cayenne
Yolk 1 hard-boiled egg
1 egg
2 tablespoons vinegar

Wipe, peel, and cut tomatoes, in slices. Sprinkle with salt and pepper, dredge with flour, and sauté in butter. Place on a hot platter and pour over the dressing made by creaming the butter, adding dry ingredients, yolk of egg rubbed to a paste, egg beaten slightly, and vinegar, then cooking over hot water, stirring constantly until it thickens.

Baked Tomatoes I

Wipe, and remove a thin slice from stem end of six smooth, medium-sized tomatoes. Take out seeds and pulp, and drain off most of the liquid. Add an equal quantity of bread crumbs, season with salt, pepper, and a few drops onion juice, and refill tomatoes with mixture. Place in a buttered pan, sprinkle with buttered crumbs, and bake twenty minutes in a hot oven. Two tablespoons, each, chopped green pepper and onion are an improvement.

Baked Tomatoes II

Wipe six small, selected tomatoes and make two one-inch gashes on blossom end of each, having gashes cross each other at right angles. Place in granite-ware pan and bake until thoroughly heated. Serve with sauce for Devilled Tomatoes, adding, just before serving, one tablespoon heavy cream.

Stuffed Tomatoes I

Wipe, and remove thin slices from stem end of six medium-sized tomatoes. Take out seeds and pulp, sprinkle inside of tomatoes with salt, invert, and let stand one-half hour. Cook five minutes two tablespoons butter with one-half tablespoon finely chopped onion. Add one-half cup finely chopped cold cooked chicken or veal, one-half cup stale soft bread crumbs, tomato pulp, and salt and pepper to taste. Cook five minutes, then add one egg slightly beaten, cook one minute, and refill tomatoes with mixture. Place in buttered pan, sprinkle with buttered cracker crumbs, and bake twenty minutes in a hot oven.

Stuffed Tomatoes II

Wipe and remove stem end from six small tomatoes. Take out seeds and most of pulp, sprinkle inside of tomatoes with salt, invert, and let stand twenty minutes. Cook three tablespoons butter with six tablespoons chopped green pepper, five minutes. Add three-fourths cup soft, stale bread crumbs, one-half cup removed tomato pulp, one-fourth teaspoon salt, one-eighth teaspoon pepper, and a few drops onion juice. Fill tomatoes with mixture, put in buttered pan, and bake fifteen minutes in a hot oven.

Creole Tomatoes

Wipe six medium-sized tomatoes, remove a slice from the top of each, scoop out some of the pulp, sprinkle insides with salt, invert, and let stand one hour. Melt one tablespoon butter, add one tablespoon flour mixed with one-half teaspoon salt, one-fourth teaspoon paprika, and a few grains pepper, and when well blended, pour on gradually, while stirring constantly, one-half cup cream. Bring to the boiling-point and add one cup crab meat, and one-half tablespoon, each, red and green pepper, finely chopped. Fill tomatoes with mixture, sprinkle tops with coarse, buttered bread crumbs, and bake in a moderate oven until tomatoes are soft.

Delmonico Tomatoes

Wipe and remove a thick slice from stem ends of eight small tomatoes, scoop out inside, sprinkle with salt, invert, and let stand two hours.

Wipe, remove seeds, and chop three green peppers. Add one-half onion finely chopped and one-fourth teaspoon soda and cook with one tablespoon butter five minutes, stirring constantly. Add one tablespoon thick brown sauce to bind mixture together. Line tomatoes with pepper mixture, having mixture extend over top of tomatoes. Put three cubes parboiled sweetbreads in each, cover with buttered bread crumbs, and bake twelve minutes in a hot oven. Place on circular pieces of sautéed bread and cover with brown sauce diluted with brown stock or water.

Soufflé of Tomatoes, Neapolitan Style

Melt two tablespoons butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one-half cup rich milk and one cup tomato pulp. Bring to the boiling-point and let simmer two minutes; then add two-thirds cup grated cheese, one-half teaspoon salt, and a few grains pepper. Break macaroni in one-half-inch pieces (there should be one-half cup) and cook in boiling, salted water until soft; drain and add one and one-half tablespoons melted butter. Add to tomato mixture; then add the yolks of three eggs, beaten until thick and lemon-colored, and cut and fold in the whites of three eggs, beaten until stiff. Turn into a buttered baking dish and bake until firm. Serve immediately.

To obtain tomato purée, simmer one can tomatoes until reduced one-half, then force through a purée strainer, and again let simmer until reduced to one cup.

Tomatoes, Virginia Style

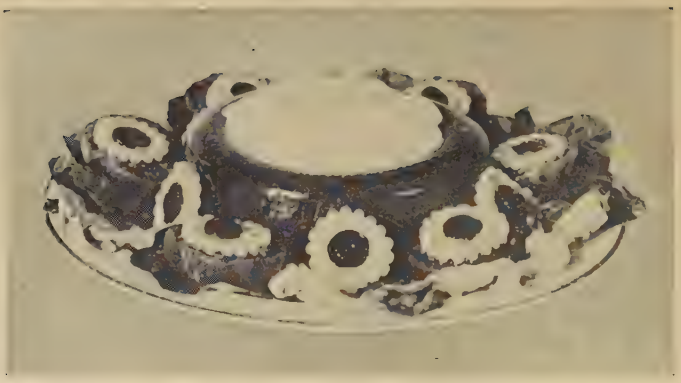
Select six sound, ripe, medium sized-tomatoes. Wipe, prick each several times with a fork, arrange in baking dish and bake in a moderate oven until soft. Remove skins, arrange on serving dish and pour over a sauce made of two tablespoons butter, three tablespoons flour, one-half teaspoon salt, one-eighth teaspoon pepper, and one cup thin cream.

Turnips

Turnips are best during the fall and winter; towards spring they become corky, and are then suitable only for stews and flavoring.

Cucumber Baskets. — *Page 393.*

Asparagus Salad, Individual Service. — *Page 394.*



Mexican Jelly. — *Page 403.*

Egg Salad. — *Page 403.*

The Ruta-baga, a large yellow turnip, is one of the best varieties; the large white French turnip and the small flat Purple Top are also used.

Mashed Turnip

Wash and pare turnips, cut in slices or quarters, and cook in boiling salted water until soft. Drain, mash, and season with butter, salt, and pepper

Creamed Turnip

Wash turnips, and cut in one-half-inch cubes. Cook three cups cubes in boiling salted water twenty minutes, or until soft. Drain, and add one cup White Sauce II.

Turnip Cones

Wash turnips, pare, and cut in cone shapes, using a French vegetable cutter; there should be three cups. Put in a casserole with one and one-half teaspoons salt, one and one-half teaspoons sugar, one-fourth cup butter, and one-third cup water or stock. Cover and cook in a moderate oven until turnips are soft.

Turnip Croquettes

Wash, pare, and cut in quarters new French turnips. Steam until tender, mash, pressing out all water that is possible. This is best accomplished by wringing in cheesecloth. Season one and one-fourth cups with salt and pepper, then add yolks of two eggs slightly beaten. Cool, shape in small croquettes, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Stewed Mushrooms

Brush one-half pound mushrooms. Remove stems, scrape, and cut in pieces. Peel caps, and break in pieces. Melt three tablespoons of butter, add mushrooms, cook two minutes; sprinkle with salt and pepper, dredge with flour, and add one-half cup hot water or stock. Cook slowly five minutes.

Stewed Mushrooms in Cream

Prepare mushrooms as for Stewed Mushrooms. Cook with three-fourths cup cream instead of using water or stock. Add a slight grating of nutmeg, pour over small finger-shaped pieces of dry toast, and garnish with toast points and parsley.

Creamed Mushrooms

1 pound mushrooms	Few grains pepper
5 tablespoons butter	1½ tablespoons flour
½ teaspoon salt	½ cup thin cream

Clean mushrooms, remove caps, and cut both stems and caps in thin slices. Melt butter, add sliced mushrooms and cook three minutes. Sprinkle with salt and pepper, dredge with flour and pour over cream. Cook five minutes, stirring constantly.

Broiled Mushrooms

Brush mushrooms, remove stems, and place caps in a buttered broiler, and broil five minutes, having cap side down first half of broiling. Serve on circular pieces of buttered dry toast. Put a small piece of butter in each cap, sprinkle with salt and pepper, and serve as soon as butter has melted. Care must be taken, in removing from broiler, to keep mushrooms cap side up, to prevent loss of juices.

Baked Mushrooms in Cream

Brush twelve large mushrooms. Remove stems, and peel caps. Put in a shallow buttered pan, cap side up. Sprinkle with salt and pepper, and dot over with butter; add two-thirds cup cream. Bake ten minutes in a hot oven. Place on pieces of dry toast, and pour over them cream remaining in pan.

Sautéed Mushrooms

Brush, remove stems, peel caps, and break in pieces; there should be one cup of mushrooms. Put two tablespoons butter in a hot omelet pan; when melted, add mushrooms which have been dredged with flour, few drops onion juice, one-fourth teaspoon salt, a few grains pepper, and cook five minutes. Add one teaspoon finely chopped parsley and one-fourth cup boiling water. Cook two minutes, and serve on dry toast.

Mushrooms à la Sabine

Brush one-half pound mushrooms, remove stems, and peel caps. Sprinkle with salt and pepper, dredge with flour, and cook three minutes in a hot frying pan, with two tablespoons butter. Add one and one-third cups Brown Sauce, and cook slowly five minutes. Sprinkle with three tablespoons grated cheese. As soon as cheese is

melted, arrange mushrooms on pieces of toast, and pour over sauce. Garnish with parsley.

Mushroom and Tomato Toast

Cut stale bread in one-third-inch slices, shape with a large round cutter, and sauté in butter until delicately browned. Brush mushrooms and cut in pieces; there should be two cups; then cook in two tablespoons butter five minutes. Cook one tablespoon butter and one-half teaspoon finely chopped shallot three minutes. Add one cup tomato purée, bring to the boiling-point and let simmer three minutes; the add one-half teaspoon salt, one-eighth teaspoon pepper, and a few grains paprika. Arrange mushrooms on six rounds of bread, pour over tomato, and sprinkle with one tablespoon finely chopped parsley.

Mushrooms à l'Algonquin

Brush large selected mushrooms. Remove stems, peel caps, and sauté caps in butter. Place in a small buttered shallow pan, cap side being up; place on each a large oyster, sprinkle with salt and pepper, and place on each a bit of butter. Cook in a hot oven until oysters are plump. Serve with Brown or Béchamel Sauce.

Mushrooms Allamande

Brush mushroom caps, and sauté in butter. Put together in pairs, cover with Allamande Sauce, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Allamande Sauce. Melt three tablespoons butter, add one-third cup flour, and pour on gradually one cup White Stock; then add one egg yolk and season with salt, pepper, and lemon juice.

Stuffed Mushrooms

Brush twelve large mushrooms. Remove stems, chop finely, and peel caps. Melt three tablespoons butter, add one-half tablespoon finely chopped shallot and chopped stems, then cook ten minutes. Add one and one-half tablespoons flour, chicken stock to moisten, a slight grating of nutmeg, one-half teaspoon finely chopped parsley, and salt and pepper to taste. Cool mixture and fill caps, well rounding over top. Cover with buttered cracker crumbs, and bake fifteen minutes in a hot oven.

Mushrooms under Glass I

Cover the bottom of an individual baking dish with circular pieces of toasted bread. Arrange mushroom caps on toast, sprinkle with salt and pepper, dot over with butter, and pour over a small quantity of hot cream. Cover, and bake twenty minutes.

Individual dishes with bell-shaped glass covers may be bought at first-class kitchen furnishers. These dishes are sent to table with covers left on, that the fine flavor of the prepared viand may all be retained.

Mushrooms under Glass II

2 tablespoons butter
½ tablespoon lemon juice
¼ teaspoon salt
Few grains pepper
¼ teaspoon finely chopped parsley
Bread
¼ cup cream
Sherry wine
Mushrooms

Cream the butter, add lemon juice drop by drop, salt, pepper, and parsley. Cut bread in circular pieces three-eighths inch thick, then toast. Put one-half of the sauce on the under side of toast; put toast on a small baking dish, pile mushroom caps cleaned and peeled in conical shape on toast, and pour over cream. Cover with glass and bake about twenty-five minutes, adding more cream if necessary. Just before serving add one teaspoon Sherry wine.

Stuffed Mushroom Caps

Brush, peel, and remove centres from six large mushroom caps. Cook two tablespoons, each, chopped mushrooms, bread crumbs, chopped, lean, cooked ham, and finely chopped onion, and one teaspoon, each, Parmesan cheese and finely chopped parsley with three tablespoons butter, three minutes. Moisten with one-fourth cup tomato sauce and season with salt, pepper, and cayenne. Stuff prepared caps with mixture and sprinkle with one-third cup bread crumbs mixed with one and one-half tablespoons Parmesan cheese. Arrange in pan, surround with three-fourths cup tomato sauce, and bake in a hot oven twenty minutes. Remove to six rounds of sautéed bread, cut somewhat larger than caps, and pour around sauce remaining in pan. Garnish with parsley.

Vegetables en Casserole

6 medium-sized potatoes
1 small turnip
1 cup canned peas
1 cup canned tomatoes
1 onion
¼ cup rice
1 teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon allspice
4 cups brown stock

Wash, pare, and thinly slice potatoes. Wash and pare turnip, cut in one-half-inch slices and slices in cubes. Peel and slice onion. Pick over and wash rice. Put ingredients except stock in alternate layers in casserole, pour over stock, cover, and cook in a slow oven three hours.

Vegetable Soufflé

¼ cup butter
¼ cup flour
½ cup cream
½ cup water in which vegetables were cooked
1 cup cooked vegetables rubbed through a sieve, — carrots, turnips, or onions
Yolks 3 eggs
Whites 3 eggs
Salt and pepper

Melt butter, add flour, and pour on gradually cream and water; add vegetable, yolks of eggs beaten until thick and lemon-colored, and fold in whites of eggs beaten until stiff; then add seasonings. Turn in a buttered baking dish and bake in a slow oven.

Curried Vegetables

Cook one cup each potatoes and carrots, and one-half cup turnip, cut in fancy shapes, in boiling salted water until soft. Drain, add one-half cup canned peas, and pour over a sauce made by cooking two tablespoons butter with two slices onion five minutes, removing onion, adding two tablespoons flour, three-fourths teaspoon salt, one-half teaspoon curry powder, one-fourth teaspoon pepper, few grains celery salt, and pouring on gradually one cup scalded milk. Sprinkle with finely chopped parsley.

Macedoine of Vegetables à la Poulette

Clean carrots and turnips and cut into strips or fancy shapes; there should be one and one-fourth cups carrots and one-half cup turnips. Cook separately in boiling salted water until soft. Drain, and add one and one-fourth cups cooked peas. Reheat in a sauce made of three tablespoons butter, three tablespoons flour, three-fourths

cup chicken stock, and one-half cup top milk. Season to taste with pepper and salt, and just before serving add yolks two eggs and one-half tablespoon lemon juice. The water in which carrots were cooked may be used in place of chicken stock. Egg yolks may be omitted.

Jellied Vegetable Ring

Soak one tablespoon granulated gelatine in one-fourth cup cold water and dissolve in one cup boiling water; then add one-fourth cup, each, sugar and vinegar, two tablespoons lemon juice and one teaspoon salt. Strain, cool, and when beginning to stiffen, add one cup celery cut in small strips, one-half cup shredded cabbage, one-third cup small cucumber cubes, one-fourth cup cold, cooked green peas, and one-fourth cup cold, cooked beets (cut in thin slices; then in fancy shapes). Turn into ring mould and chill. Remove to serving dish and arrange around jelly thin slices of cold cooked meat. Fill centre with Horseradish Cream Dressing (see p. 423) and garnish with watercress.

CHAPTER XX

POTATOES

COMPOSITION

Water, 78.9%	Protein, 2.1%
Starch, 18%	Mineral matter, .9%
	Fat .1%

POTATOES stand pre-eminent among the vegetables used for food. They are tubers belonging to the Nightshade family; their hardy growth renders them easy of cultivation in almost any soil or climate, and, resisting early frosts, they may be raised in a higher latitude than the cereals.

They give needed bulk to food rather than nutriment, and, lacking in protein, should be used in combination with meat, fish, or eggs.

Potatoes contain an acrid juice, the greater part of which lies near the skin; it passes into the water during boiling of potatoes, and escapes with the steam from a baked potato.

Potatoes are best in the fall, and keep well through the winter. By spring the starch is partially changed to dextrin, giving the potatoes a sweetness, and when cooked a waxiness. The same change takes place when potatoes are frozen. To prevent freezing, keep a pail of cold water standing near them.

Potatoes keep best in a cool, dry cellar, in barrels or piled in a bin. When sprouts appear they should be removed; receiving their nourishment from the starch, they deteriorate the potato.

New potatoes may be compared to unripe fruit, the starch grains not having reached maturity; therefore they should not be given to children or invalids.

Sweet Potatoes

Sweet potatoes, although analogous to white potatoes, are fleshy roots of the plant, belong to a different family (Convolvulus), and contain a much larger percentage of sugar. Our own country produces large quantities of sweet potatoes, which may be grown as far north

as New Jersey and Southern Michigan. Kiln-dried sweet potatoes are the best, as they do not spoil so quickly.

Baked Potatoes

Select smooth, medium-sized potatoes. Wash, using a vegetable brush, and place in dripping pan. Bake in hot oven forty minutes or until soft, remove from oven, and serve at once. If allowed to stand, unless the skin is ruptured for escape of steam, they become soggy. Properly baked potatoes are more easily digested than potatoes cooked in any other way, as some of the starch is changed to dextrin by the intense heat. They are better cooked in boiling water than baked in a slow oven.

Boiled Potatoes

Select potatoes of uniform size. Wash, pare, and drop at once in cold water to prevent discoloration; soak one-half hour in the fall, and one to two hours in winter and spring. Cook in boiling salted water until soft, which is easily determined by piercing with a skewer. For seven potatoes allow one tablespoon salt, and boiling water to cover. Drain from water, and keep uncovered in warm place until serving time. Avoid sending to table in a covered vegetable dish. In boiling large potatoes, it often happens that outside is soft, while centre is underdone. To finish cooking without potatoes breaking apart, add one pint cold water, which drives heat to centre, thus accomplishing the cooking.

Steamed Potatoes

Prepare as for Boiled Potatoes and cook over boiling water forty minutes.

Riced Potatoes

Force hot boiled potatoes through a potato ricer or coarse strainer. Serve lightly piled in a hot vegetable dish.

Mashed Potatoes

To five riced potatoes add three tablespoons butter, one teaspoon salt, few grains pepper, and one-third cup hot milk; beat with fork until creamy, reheat, and pile lightly in hot dish.

Potato Omelet

Prepare Mashed Potatoes, turn in hot omelet pan greased with one tablespoon butter, spread evenly, cook slowly until browned underneath, and fold as an omelet.

Potato Border

Place a buttered mould on platter, build around it a wall of hot Mashed Potatoes (using nine potatoes), three and one-half inches high by one inch deep, smooth, and crease with case knife. Remove mould, fill with creamed meat or fish, and reheat in oven before serving.

Spanish Potatoes

To three cups hot riced potatoes add three tablespoons butter, one-half cup cream, and salt to taste. Beat vigorously five minutes add one and one-half canned pimientos (cut in small pieces or forced through a purée strainer) and beat until well blended. Reheat and pile on a hot serving plate.

Savory Potatoes

To two cups hot riced potatoes add three tablespoons butter, one and one-half teaspoons salt, and one-third cup milk or cream. Beat vigorously and add one tablespoon chopped watercress and one teaspoon chopped fresh mint leaves.

Pomme Fondante

To three and one-half cups hot riced potatoes add three tablespoons butter, one and one-half teaspoons salt, one-fourth teaspoon pepper, and two-thirds cup hot milk. Beat vigorously three minutes. Turn into a buttered baking dish, pour over one-half cup heavy cream and sprinkle with three-fourths cup coarse stale bread crumbs. Bake in a hot oven until crumbs are brown.

Duchess Potatoes

To two cups hot riced potatoes add two tablespoons butter, one-half teaspoon salt, and yolks of three eggs slightly beaten. Shape, using pastry bag and tube, in form of baskets, pyramids, crowns, leaves, roses, etc. Brush over with beaten egg diluted with one teaspoon water, and brown in a hot oven.

Chantilly Potatoes

Pile on a serving dish three cups mashed potatoes. Beat one-half cup heavy cream until stiff, add one-half cup grated cheese, and season with salt and pepper. Spread over potatoes, place in a hot oven and bake until cheese is melted and cream is delicately browned.

Escalloped Potatoes

Wash, pare, soak, and cut four potatoes in one-fourth-inch slices. Put a layer in buttered baking dish, sprinkle with salt and pepper, dredge with flour, and dot over with one-half tablespoon butter; repeat. Add hot milk until it may be seen through top layer, bake one and one-fourth hours or until potato is soft.

Potatoes à la Hollandaise

Wash, pare, soak, and cut potatoes in one-fourth-inch slices, shape with French vegetable cutters; or cut in one-half-inch cubes. Cover three cups potato with White Stock, cook until soft, and drain. Cream one-third cup butter, add one tablespoon lemon juice, one-half teaspoon salt, and few grains of cayenne. Add to potatoes, cook three minutes, and add one-half tablespoon finely chopped parsley.

Chambery Potatoes

Wash, pare, and thinly slice potatoes, using vegetable slicer. Let stand one-half hour in cold water, then drain, and dry between towels. Arrange in layers in a well buttered iron frying pan, having pan three-fourths full, seasoning each layer with salt and pepper, and brushing over with melted butter. Cook in a moderate oven until soft and well browned.

Potatoes en Casserole

Wash and pare eight smooth round potatoes of uniform size. Cover with cold water and let stand two hours. Drain, put in a casserole dish, sprinkle with salt and add butter, allowing one teaspoon to each potato. Cover and bake until soft (the time required being about forty-five minutes), turning every fifteen minutes.

Franconia Potatoes

Prepare as for Boiled Potatoes, and parboil ten minutes; drain, and place in pan in which meat is roasting; bake until soft, basting with fat in pan when basting meat. Time required for baking about forty minutes. Sweet potatoes may be prepared in the same way.

Brabant Potatoes

Prepare as for Boiled Potatoes, using small potatoes, and trim egg-shaped; parboil ten minutes, drain, place in baking pan, and bake until soft, basting three times with melted butter.

Anna Potatoes

Wash and pare medium-sized potatoes. Cut lengthwise in one-fourth-inch slices, and fasten in fan shapes, with small wooden skewers, allowing five slices of potato to each skewer. Parboil ten minutes, drain, then place in a dripping pan, and bake in a hot oven until soft, basting every three minutes with butter or some other fat.

Persillade Potatoes

Wash and pare small potatoes, and cut in shapes of large olives. Cook in boiling salted water until soft. Drain, and let stand to dry off. Turn into hot serving dish, pour over clarified butter, sprinkle generously with paprika, and send to table at once.

Hongroise Potatoes

Wash, pare, and cut potatoes in one-third-inch cubes, — there should be three cups; parboil three minutes, and drain. Add one-third cup butter, and cook on back of range until potatoes are soft and slightly browned. Melt two tablespoons butter, add a few drops onion juice, two tablespoons flour, and pour on gradually one cup hot milk. Season with salt and paprika, then add one egg yolk. Pour sauce over potatoes, and sprinkle with finely chopped parsley.

Maître d'Hôtel Potatoes

Wash, pare, and shape potatoes in balls, using a French vegetable cutter, or cut potatoes in one-half-inch cubes. There should be two cups. Soak fifteen minutes in cold water, and cook in boiling salted water to cover until soft. Drain, and add Maître d'Hôtel Butter.

Maître d'Hôtel Butter

Cream three tablespoons butter, add one teaspoon lemon juice very slowly, one-half teaspoon salt, one-eighth teaspoon pepper, and one-half tablespoon finely chopped parsley.

Potato Balls

Select large potatoes, wash, pare, and soak. Shape in balls with a French vegetable cutter. Cook in boiling salted water until soft;

drain, and to one pint potatoes add one cup White Sauce I. Turn into hot dish, and sprinkle with finely chopped parsley.

Potatoes Baked in Half Shell

Select six flat medium-sized potatoes and bake, following recipe for Baked Potatoes. Remove from oven, cut slice from side of each, and scoop out inside. Mash, add two tablespoons butter, salt, pepper, and three tablespoons hot milk; then add whites two eggs well beaten. Refill skins, and bake five to eight minutes in very hot oven. Potatoes may be sprinkled with grated cheese before putting in oven.

Potato Moulds

Remove the inside from three baked potatoes and force through a potato ricer. Season with two tablespoons butter, one-half teaspoon salt, and a few grains pepper and add the white of one egg, beaten until stiff. Mould with a tablespoon; place on a buttered sheet, brush over with melted butter, and bake in a hot oven until well browned.

Martinique Potatoes

Remove the inside from four baked potatoes and force through a potato ricer. Add one and one-half tablespoons butter, three tablespoons cream, one egg yolk slightly beaten, one-half teaspoon salt, one-eighth teaspoon pepper, and a few gratings nutmeg. Set on range and cook three minutes, stirring constantly; then add, gradually, the white of one egg, beaten to a stiff froth. Shape between two buttered tablespoons, place on a buttered sheet, and bake until delicately browned.

Potatoes à la Suisse

Bake five potatoes and cut a slice lengthwise from each. Scoop out most of the inside and force through a potato ricer. Season with butter, salt, and pepper and add a small quantity of milk. Slip an egg into each potato case and force potato mixture through a pastry bag and tube around edge. Return to oven and bake until eggs are set. Arrange on serving dish and garnish with watercress.

Anchovied Stuffed Potatoes

Wash and peel six medium-sized potatoes, arrange in a pan, and bake in a hot oven, turning frequently; the time required being about fifty minutes. Cut slice from each lengthwise, scoop out inside, and

force through a potato ricer. Add one-half cup hot milk, two tablespoons butter, twelve anchovies, cut in small pieces, one-eighth teaspoon grated nutmeg, and salt and pepper to taste. Refill shells with mixture, sprinkle with grated cheese, and bake until delicately browned.

Deerfoot Potatoes

Wash and pare potatoes of uniform size. Remove from each two portions, using an apple corer. Fill cavities thus made with sausages and insert rounds of potatoes to conceal sausages. Put in a pan and bake in a hot oven until potatoes are soft.

FRIED POTATOES

Shadow Potatoes (Saratoga Chips)

Wash and pare potatoes. Slice thinly (using vegetable slicer) into a bowl of cold water. Let stand two hours, changing water twice. Drain, plunge in a kettle of boiling water, and boil one minute. Drain again, and cover with cold water. Take from water and dry between towels. Fry in deep fat until light brown, keeping in motion with a skimmer. Drain on brown paper, and sprinkle with salt.

Shredded Potatoes

Wash, pare, and cut potatoes in one-eighth-inch slices. Cut slices in one-eighth-inch strips. Soak one hour in cold water. Take from water, dry between towels, and fry in deep fat. Drain on brown paper and sprinkle with salt. Serve around fried or baked fish.

Lattice Potatoes

Wash and pare potatoes. Slice, using a vegetable slicer which comes for this purpose, and let stand in a bowl of cold water two hours. Drain, and dry between towels. Fry in deep fat, drain on brown paper, and sprinkle with salt.

Potato Nests

Wash, pare, and cut potatoes in thin strips, using same slicer as for Lattice Potatoes. Soak in cold water fifteen minutes, drain, and dry between towels. Line a fine wire strainer of four-inch diameter, and having a wire handle, with potatoes, place a similar strainer, having a two and one-half-inch diameter, in larger strainer, thus holding potatoes in nest shapes. Fry in deep fat, taking care that the fat does

not reach too high a temperature at first. Keep the small strainer in place during frying with a long handled spoon. Carefully remove nests from strainers. Drain on brown paper, and sprinkle with salt. Fill with small fillets of fried fish or fried smelts.

French Fried Potatoes

Wash and pare small potatoes, cut in eighths lengthwise, and soak one hour in cold water to cover. Drain and parboil in boiling salted water to cover two minutes; again drain, plunge into cold water, dry between towels, fry in deep fat until delicately browned, a few at a time, and drain on brown paper. Heat fat to a higher temperature, return all the potatoes to fat, using a frying basket, and fry until crisp and brown, keeping the basket in motion. Again drain on brown paper and sprinkle with salt.

Potato Marbles

Wash and pare potatoes. Shape in balls, using a French vegetable cutter. Soak fifteen minutes in cold water; take from water and dry between towels. Fry in deep fat, drain, and sprinkle with salt.

Rector Potatoes

Wash, pare, and shape potatoes, using an elliptical shaped French cutter. Fry in deep fat and drain.

Fried Potato Curls

Wash and pare potatoes and cut in one-half-inch slices. Cut round and round so as to make curls. Put in cold water and let stand thirty minutes. Drain, dry on a towel, and fry in deep fat. Drain on brown paper and sprinkle with salt.

Fried Potato Dots

Wash and pare large potatoes and shape with an apple corer; then cut pieces thus formed in one-fourth-inch slices, crosswise. Soak in cold water eight minutes, drain, cook in salted boiling water two minutes; again drain, put in ice water, and let stand ten minutes. Drain, dry between towels, fry in deep fat, drain on brown paper, and sprinkle with salt

Princess Potatoes

3 cups ½-inch potato cubes
1 cup White Sauce II
1 teaspoon beef extract
½ tablespoon lemon juice
1 teaspoon finely chopped parsley
1 tablespoon butter

Fry potato cubes in deep fat until delicately browned and drain on brown paper. Make sauce of two tablespoons butter, two tablespoons flour, one-third teaspoon salt, a few grains pepper, and one cup milk. Add beef extract, lemon juice, parsley, and butter, bit by bit; then add potatoes and serve at once.

Potatoes Rissolée

Wash, pare, and trim eight new potatoes of uniform size. Let stand in cold water fifteen minutes, drain, and dry between towels. Fry in deep fat until delicately browned and drain on brown paper. Put in baking pan and bake in a hot oven until soft, the time required being about twenty-five minutes. Remove to serving dish and pour over one cup rich white or cream sauce.

Sultan Potatoes

Wash and pare large potatoes and shape in circular pieces, two and one-half inches long and one-third inch in diameter, using a French vegetable cutter. Fry in deep fat and drain on brown paper; there should be three cups. Arrange on hot serving dish to represent a wood pile and pour over sauce, same as for Princess Potatoes, omitting the parsley.

Fried Potatoes, Bourgoyne

Wash, pare, and cut potatoes in one-fourth-inch slices; then slice in strips; there should be three cups. Parboil one minute in boiling salted water, drain, dry on towel, fry in deep fat, and drain on brown paper. Melt three-fourths tablespoon butter in hot iron frying pan, and add three-fourths teaspoon finely cut chives; add potatoes and stir until potatoes have absorbed fat.

O'Brion Potatoes

Fry three cups potato cubes or balls in deep fat, drain on brown paper, and sprinkle with salt. Cook one slice onion in one and one-half tablespoons butter three minutes, remove onion, and add to butter three canned pimientos cut in small pieces. When thor-

oughly heated add potatoes; stir until well mixed, turn into serving dish, and sprinkle with finely chopped parsley.

Fried Potato Balls

To one cup hot riced potatoes add one tablespoon butter, one-fourth teaspoon salt, one-eighth teaspoon celery salt, and few grains cayenne. Cool slightly, and add one-half beaten egg and one-half teaspoon finely chopped parsley. Shape in small balls, roll in flour, fry in deep fat, and drain.

Potatoes, Somerset Style

To two cups hot riced potatoes add two tablespoons butter, one-half cup grated mild cheese, yolks three eggs, slightly beaten, one-half teaspoon salt, and a few grains cayenne. Shape in form of birds, dip in crumbs, egg, and crumbs, insert slices of raw potato cut to represent wings and tail, and cloves to represent eyes. Fry in deep fat and drain on brown paper.

Potato Fritters

2 cups hot riced potatoes
2 tablespoons cream
2 tablespoons wine
1 teaspoon salt
Few gratings nutmeg
Few grains cayenne
3 eggs
Yolks 2 eggs
½ cup flour

Add cream, wine, and seasonings to potatoes; then add eggs well beaten, having bowl containing mixture in pan of ice-water, and beat until cold. Add flour, and when well mixed, drop by spoonfuls in deep fat, fry until delicately browned, and drain on brown paper.

Potato Curls

Wash and pare large long potatoes. Shape with a potato curler, soak one hour in cold water, drain, dry between towels, fry in deep fat, drain, and sprinkle with salt.

Potato Croquettes

2 cups hot riced potatoes
2 tablespoons butter
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon celery salt
Few grains cayenne
Few drops onion juice
Yolk 1 egg
1 teaspoon finely chopped parsley

Mix ingredients in order given, and beat thoroughly. Shape, dip in crumbs, egg, and crumbs again, fry one minute in deep fat, and drain on brown paper. Croquettes are shaped in a variety of forms. The most common way is to first form a smooth ball by rolling one rounding tablespoon of mixture between hands. Then roll on a board until of desired length, and flatten ends.

French Potato Croquettes

2 cups hot riced potatoes
2 tablespoons butter
Yolks 3 eggs
½ teaspoon salt
Few grains cayenne

Mix ingredients in order given, and beat thoroughly. Shape in balls, then in rolls, pointed at ends. Roll in flour, mark in three places on top of each with knife-blade to represent a small French loaf. Fry in deep fat, and drain on brown paper.

Potato Apples

2 cups hot riced potatoes
2 tablespoons butter
⅓ cup grated cheese
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
2 tablespoons thick cream
Yolks 2 eggs

Mix ingredients in order given, and beat thoroughly. Shape in form of small apples, roll in flour, egg, and crumbs, fry in deep fat, and drain on brown paper. Insert a clove at both stem and blossom end of each apple.

Potatoes en Surprise

Make Potato Croquette mixture, omitting parsley. Shape in small nests and fill with Creamed Chicken, shrimp, or peas. Cover nests with croquette mixture, then roll in form of croquettes. Dip in crumbs, egg, and crumbs again; fry in deep fat, and drain on brown paper.

Potato and Spinach Croquettes

Force hot boiled potatoes through a potato ricer; there should be two cups. Add two tablespoons butter, yolks two eggs, slightly beaten, and one-fourth cup finely chopped cooked spinach. Season with salt and pepper. Shape, dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper.

Nut and Potato Croquettes

2 cups hot riced potatoes
3 tablespoons cream
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
Yolk 1 egg
¼ cup bread crumbs
¼ cup cream
½ egg yolk
¼ teaspoon salt
⅓ cup chopped pecan nut meats

Mix first seven ingredients and beat thoroughly. Cook bread crumbs with cream to make a thick paste and cool; then add remaining ingredients. Shape potato mixture in nests, fill with nut mixture, cover with potato mixture, roll until of the desired length and flatten ends. Dip in crumbs, egg and crumbs, fry in deep fat, and drain on brown paper. Stand in circular form on serving dish and fill centre with a bunch of parsley.

Piedmont Potato Croquettes

To two cups hot riced potatoes add three tablespoons butter, three-fourths teaspoon salt, one and one-half tablespoons finely chopped truffles, and the yolks of three eggs slightly beaten. Shape in balls (allowing one rounding tablespoon of mixture to each croquette), roll in flour, dip in egg, and roll in Jordan almonds, blanched and shredded. Fry in deep fat and drain on brown paper.

SWEET POTATOES

Baked Sweet Potatoes

Prepare and bake same as white potatoes.

Sweet Potatoes, Southern Style

Bake six medium-sized sweet potatoes, remove from oven, cut in halves lengthwise, and scoop out inside. Mash, add two tablespoons butter, and cream to moisten. Season with salt and Sherry wine. Refill skins and bake five minutes in a hot oven.

Boiled Sweet Potatoes

Select potatoes of uniform size. Wash, pare, and cook twenty minutes in boiling salted water to cover. Many boil sweet potatoes with the skins on.

Mashed Sweet Potatoes

To two cups riced sweet potatoes add three tablespoons butter, one-half teaspoon salt, and hot milk to moisten. Beat until light, and pile on a vegetable dish.

Candied Sweet Potatoes

Wash and cook six medium-sized sweet potatoes in boiling salted water to cover. Drain, peel, cut in halves, lengthwise, arrange in buttered baking dish, sprinkling each layer with brown sugar, using three-fourths cup in all. Pour over one-half cup melted butter and sprinkle with salt. Cook in a slow oven two hours.

Sweet Potatoes, Georgian Style

Season mashed boiled sweet potatoes with butter, salt, pepper, and Sherry wine. Moisten with cream, and beat five minutes. Put in a buttered baking dish, leaving a rough surface. Pour over a syrup made by boiling two tablespoons molasses and one teaspoon butter five minutes. Bake in the oven until delicately browned.

Glazed Sweet Potatoes

Wash and pare six medium-sized potatoes. Cook in boiling salted water until soft. Drain, cut in halves lengthwise, and put in a buttered pan. Make a syrup by boiling one-half cup sugar and four tablespoons water three minutes; then adding one tablespoon butter. Brush potatoes with syrup and bake until brown, basting twice with remaining syrup.

Sweet Potatoes au Gratin

Cut five medium-sized cold boiled sweet potatoes in one-third-inch slices. Put a layer in buttered baking dish, sprinkle with salt, pepper, and three tablespoons brown sugar, dot over with one tablespoon butter. Repeat, cover with buttered cracker crumbs, and bake until the crumbs are brown.

Sweet Potatoes en Brochette

Wash and pare potatoes, and cut in one-third-inch slices. Arrange on skewers in groups of three or four, parboil six minutes, and drain. Brush over with melted butter, sprinkle with brown sugar, and bake in a hot oven until well browned.

Sweet Potato Balls

To two cups hot riced sweet potatoes add three tablespoons butter, one-half teaspoon salt, few grains pepper, and one beaten egg. Shape in small balls, roll in flour, fry in deep fat, and drain. If potatoes are very dry, it will be necessary to add hot milk to moisten.

Sweet Potato Croquettes

Prepare mixture for Sweet Potato Balls. Shape in croquettes, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Scalloped Sweet Potatoes and Apples

2 cups cold boiled sweet potatoes cut in ¼ inch slices
½ cup brown sugar
1½ cups thinly sliced sour apples
4 tablespoons butter
1 teaspoon salt

Put one-half the potatoes in buttered baking dish, cover with one-half the apples, sprinkle with one-half the sugar, dot over with one-half the butter and sprinkle with one-half the salt; repeat and bake in a moderate oven one hour.

WARMED-OVER POTATOES

Potato Cakes

Shape cold mashed potato in small cakes, and roll in flour. Butter hot omelet pan, put in cakes, brown one side, turn and brown other side, adding butter as needed to prevent burning; or pack potato in small buttered pan as soon as it comes from table, and set aside until ready for use. Turn from pan, cut in pieces, roll in flour, and cook same as Potato Cakes.

Creamed Potatoes

Reheat one and one-fourth cups cold boiled potatoes, cut in cubes, in two cups White Sauce II. Let stand in double boiler thirty minutes.

Potatoes au Gratin

Put Creamed Potatoes in buttered baking dish, cover with buttered crumbs, and bake on centre grate until crumbs are brown.

Delmonico Potatoes

To Potatoes au Gratin add one-third cup grated mild cheese, arranging potatoes and cheese in alternate layers before covering with crumbs.

Potatoes à l'Antlers

Cook potatoes with jackets on, drain, and let stand twenty-four hours. Peel, and cut in small cubes. Put into a sauce pan with two tablespoons butter to each two cups potatoes. Sprinkle with salt, and generously with paprika. Add one cup cream, and cook slowly, forty minutes.

Hashed Brown Potatoes

Try out fat salt pork cut in small cubes, remove scraps; there should be about one-third cup of fat. Add two cups cold boiled potatoes finely chopped, one-eighth teaspoon pepper, and salt if needed. Mix potatoes thoroughly with fat; cook three minutes, stirring constantly; let stand to brown underneath. Fold as an omelet and turn on hot platter.

Sautéed Potatoes

Cut cold boiled potatoes in one-fourth-inch slices, season with salt and pepper, put in a hot, well-greased frying pan, brown on one side, turn and brown on other side.

Chartreuse Potatoes

Cut cold boiled potatoes in one-fourth-inch slices, sprinkle with salt, pepper, and a few drops onion juice, put together in pairs, dip in Batter I, fry in deep fat, and drain on brown paper.

Lyonnaise Potatoes I

Cook five minutes three tablespoons butter with one small onion cut in thin slices; add three cold boiled potatoes cut in one-fourth-inch slices and sprinkled with salt and pepper; stir until well mixed with onion and butter; let stand until potato is brown underneath, fold, and turn on a hot platter. This dish is much improved and potatoes brown better by addition of two tablespoons Brown Stock. Sprinkle with finely chopped parsley if desired.

Lyonnaise Potatoes II

Slice cold boiled potatoes to make two cups. Cook five minutes one and one-half tablespoons butter with one tablespoon finely chopped onion. Melt two tablespoons butter, season with salt and pepper, add potatoes, and cook until potatoes have absorbed butter, occa-

sionally shaking pan. Add butter and onion, and when well mixed, add one-half tablespoon finely chopped parsley.

Oak Hill Potatoes

Cut four cold boiled potatoes and six hard-boiled eggs in one-fourth-inch slices. Put layer of potatoes in buttered baking dish, sprinkle with salt and pepper, cover with layer of eggs; repeat, and pour over two cups White Sauce I. Cover with buttered cracker crumbs and bake until the crumbs are brown.

Creamed Sweet Potatoes, Club House Style

Cut cold boiled sweet potatoes in one-half-inch cubes; there should be two cups. Put in a saucepan with two tablespoons butter and cook three minutes. Season with one-half teaspoon salt, one-eighth teaspoon black pepper, and few grains paprika; then sprinkle with two tablespoons flour and pour over one cup rich milk. Cook very slowly twenty minutes.

Curried Potatoes

Cook one-fourth cup butter with one small onion, finely chopped, until yellow; add three cups cold boiled potato cubes, and cook until potatoes have absorbed butter, then add from one-half to three-fourths cup White Stock, one-half tablespoon each curry powder and lemon juice, and salt and pepper to taste. Cook until potatoes have absorbed stock.

Alphonso Potatoes

Wash and pare five medium-sized potatoes and cook in boiling, salted water until soft; then cut in one-fourth-inch cubes. Parboil one green pepper, from which seeds have been removed, six minutes and cut in one-eighth-inch squares. Add to potato cubes with three-fourths cup milk, and one-half teaspoon salt. Let simmer fifteen minutes. Put in a buttered baking dish, sprinkle with one and one-half tablespoons grated Parmesan cheese, and bake ten minutes.

Potatoes à la Goldenrod

Cut boiled potatoes in cubes; there should be two cups. Separate yolks from whites of four hard-boiled eggs. Chop the whites and force the yolks through a potato ricer or strainer. Add potato cubes and chopped whites to one and one-half cups white sauce, turn into a hot serving dish. Sprinkle with yolks and garnish with parsley.

Pittsburg Potatoes

1 quart ¼-inch potato cubes
1 onion
½ can pimientos = 3 pimientos
2 cups White Sauce II
½ pound mild cheese
½ teaspoon salt

Cook potato cubes and onion, finely chopped, in boiling, salted water to cover, five minutes. Add pimientos, cut in small pieces, and cook seven minutes; then drain. Turn into a buttered baking dish and pour over white sauce, mixed with cheese and salt. Bake in a moderate oven until potatoes are soft.

CHAPTER XXI

SALADS

SALADS constitute a course in almost every dinner and are the pièce de résistance at many luncheons and suppers. They are now made in an endless variety of ways, and are composed of meat, fish, vegetables (alone or in combination) or fruits, with the addition of a dressing. The salad plants, lettuce, watercress, chicory, cucumbers, etc., are cooling, refreshing, and assist in stimulating the appetite. They are valuable for the water and potash salts they contain. The olive oil, which usually forms the largest part of the dressing, furnishes nutriment, and is of much value to the system.

Salads made of greens should always be served crisp and cold. The vegetables should be thoroughly washed, allowed to stand in cold or ice water until crisp, then drained and spread on a towel and set aside in a cold place until serving time. Dressing may be added at table or just before sending to table. If greens are allowed to stand in dressing they will soon wilt. It should be remembered that winter greens are raised under glass and should be treated as any other hothouse plant. Lettuce will be affected by a change of temperature and wilt just as quickly as delicate flowers.

Canned or cold cooked left-over vegetables are well utilized in salads, but are best mixed with French dressing and allowed to stand in a cold place one hour before serving. Where several vegetables are used in the same salad they should be marinated separately, and arranged for serving just before sending to table.

Meat for salads should be freed from skin and gristle, cut in small cubes, and allowed to stand mixed with French Dressing before combining with vegetables. Fish should be flaked or cut in cubes.

Where salads are dressed at table, first sprinkle with salt and pepper, add oil, and lastly vinegar. If vinegar is added before oil, the greens will become wet, and oil will not cling, but settle to bottom of bowl.

A Chapon. Remove a small piece from end of French loaf and rub over with a clove of garlic, first dipped in salt. Place in bottom of

salad bowl before arranging salad. A chapon is often used in vegetable salads, and gives an agreeable additional flavor.

To Marinate. The word marinate, as used in cookery, means to add salt, pepper, oil, and vinegar to a salad ingredient or mixture, then let stand until well seasoned.

Dressed Lettuce

Prepare lettuce as directed on page 354. Serve with French Dressing.

Lettuce and Cucumber Salad

Place a chapon in bottom of salad bowl. Wash, drain, and dry one head lettuce, arrange in bowl, and place between leaves one cucumber pared and cut in thin slices crosswise. Serve with French Dressing.

Lettuce and Radish Salad

Prepare and arrange as for Dressed Lettuce. Place between leaves six radishes which have been washed, scraped, and cut in thin slices. Garnish with round radishes cut to represent tulips. See page 360. Serve with French Dressing.

Lettuce and Pimiento Salad

Prepare and arrange as for Dressed Lettuce and sprinkle with one-half cup canned pimientos cut in strips. Just before sending to table pour over Columbia French Dressing.

Iceberg Lettuce

Chill a head of Iceberg lettuce, cut in halves, and cut halves in pie-shaped pieces. Arrange sections on individual salad plates and put on each Russian Dressing.

Lettuce and Tomato Salad

Peel and chill three tomatoes. Cut in halves crosswise, arrange each half on a lettuce leaf. Garnish with Mayonnaise Dressing forced through a pastry bag and tube. If tomatoes are small, cut in quarters, and allow one tomato to each lettuce leaf.

Chicory and Celery Salad

Wash and scrape celery and cut in one and three-fourths-inch pieces crosswise; then cut in thin strips lengthwise. Chill in cold water to which have been added a few drops lemon juice. Drain and

dry in cheesecloth. Pick over and wash one head chicory, drain, and dry on cheesecloth. Arrange in salad bowl, sprinkle with celery, and serve with French Dressing.

Dressed Watercress

Wash, remove roots, drain, and chill watercress. Arrange in salad dish, and serve with French Dressing.

Cucumber Salad

Remove thick slices from both ends of a cucumber, cut off a thick paring, and with a sharp-pointed knife cut five parallel grooves lengthwise of cucumber at equal distances; then cut in thin parallel slices crosswise, keeping cucumber in its original shape. Arrange on lettuce leaves, and pour over Parisian French Dressing. Serve with fish course.

Dressed Cucumber

Wipe a long, selected cucumber. Beginning at blossom end, make nine incisions, at equal distances, through skin lengthwise of cucumber to one inch of stem end. Pass knife under sections of skin and cut down almost as far as incisions extend. Remove cucumber at that point and pare with a fluted knife, then cut in thin slices crosswise. Replace prepared cucumber in skin, place on a glass dish, and garnish with watercress and radishes cut to represent flowers. Pour over French Dressing. Serve with fish course.

Watercress and Cucumber Salad

Prepare watercress and add one cucumber, pared, chilled, and cut in one-half-inch dice. Serve with French Dressing.

Cucumber and Tomato Salad

Arrange sliced tomatoes on a bed of lettuce leaves. Pile on each slice, cucumber cubes cut one-half inch square. Serve with French or Mayonnaise Dressing.

Cucumber Cups

Pare cucumbers and remove a thick slice from each end and with a sharp-pointed knife make eight grooves at equal distances lengthwise of cucumber. Cut in pieces crosswise and remove some of the inside, leaving cups; then cut in thin slices crosswise, keeping the original shapes. Arrange on nest of lettuce leaves and fill with Cream French Dressing (see p. 420).

Cucumber Cups with Lettuce

Pare cucumbers, cut in quarters crosswise, remove centres from pieces, arrange on lettuce leaves, and fill cups with Sauce Tartare.

Cucumber Baskets

Select three long, regular-shaped cucumbers; cut a piece from both the stem and blossom end of each; then cut in halves crosswise. Cut two pieces from each section, leaving remaining piece in shape of basket with handle. Remove pulp and seeds, in sufficiently large pieces to cut in cubes for refilling one-half the baskets, the remaining half being filled with pieces of tomatoes. Arrange baskets on lettuce leaves, alternating the fillings, and pour over French Dressing.

Good Luck Salad

Wipe a long, selected cucumber, pare, cut in thin slices crosswise, and trim. Arrange horse-shoe fashion on a bed of romaine, also trimmed and arranged horse-shoe fashion. Garnish with pieces of truffle cut to represent nail heads. Serve with Cream French Dressing.

Rector Salad

Pare long, selected cucumbers and cut in box-shaped pieces two inches long, one and one-half inches wide and one and one-fourth inches high; then cut in thin slices, crosswise, keeping in original shape. Soak one-half teaspoon granulated gelatine in two teaspoons cold water five minutes. Set cup containing gelatine in small saucepan of boiling water and stir until gelatine has dissolved. Strain, cool, and add gradually to one cup Mayonnaise Dressing. Spread cucumber boxes evenly with prepared Mayonnaise Dressing, and garnish with small rounds of red pepper and diamond-shaped pieces of truffle, arranged in regular fashion. Arrange in nests of crisp lettuce leaves.

Dressed Celery

Wash, scrape, and cut stalks of celery in thin slices. Mix with Cream Dressing I.

Celery and Cabbage Salad

Remove outside leaves from a small, solid white cabbage, and cut off stalk close to leaves. Cut out centre, and with a sharp knife shred finely. Let stand one hour in cold or ice water. Drain, wring in double cheesecloth, to make as dry as possible. Mix with equal parts

celery cut in small pieces. Moisten with Cream Dressing and refill cabbage. Arrange on a folded napkin and garnish with celery tips and parsley between folds of napkin and around top of cabbage.

Celery Salad, Bonne Femme

Wash, scrape, and cut celery in small pieces. Chill in cold or ice-water, drain, and dry on a towel. To celery add an equal measure of apples, pared, cored, and cut in small pieces. Moisten with Denver Cream Dressing and arrange in a salad bowl made of a small solid white cabbage, placed on a bed of crisp lettuce leaves. Cut rim of bowl in points and insert sections of bright red apples and whole cloves.

Asparagus Salad

Drain and rinse stalks of canned asparagus. Cut rings from a bright red pepper one-third inch wide. Place three or four stalks in each ring. Arrange on lettuce leaves and serve with French Dressing, to which has been added one-half tablespoon tomato catsup.

Corn Salad

Drain one can corn and season with mustard and onion juice. Marinate with French Dressing, let stand one hour, then drain. Arrange on a bed of lettuce or chicory.

String Bean Salad

Marinate two cups cold string beans with French Dressing. Add one teaspoon finely cut chives. Pile in centre of salad dish and arrange around base thin slices of radishes overlapping one another. Garnish top with radish cut to represent a tulip.

Potato Salad I

Cut cold boiled potatoes in one-half-inch cubes. Sprinkle four cupfuls with one-half tablespoon salt and one-fourth teaspoon pepper. Add four tablespoons oil and mix thoroughly; then add two tablespoons vinegar. A few drops of onion juice may be added, or one-half tablespoon chives finely cut. Arrange in a mound and garnish with whites and yolks of two hard-boiled eggs, cold boiled red beets, and parsley. Chop whites and arrange on one-fourth of the mound; chop beets finely, mix with one tablespoon vinegar, and let stand fifteen minutes; then arrange on fourths of mounds next to whites.

Arrange on remaining fourth of mound yolks chopped or forced through a potato ricer. Put small sprigs of parsley in lines dividing beets from eggs; also garnish with parsley at base.

Potato Salad II

Mix two cups cold boiled riced potatoes and one cup pecan nut meats broken in pieces. Marinate with French Dressing, and arrange on a bed of watercress.

Hot Potato Salad

Wash six medium sized potatoes, and cook in boiling salted water until soft. Cool, remove skins, and cut in very thin slices. Cover buttom of baking dish with potatoes, season with salt and pepper, sprinkle with finely chopped celery, then with finely chopped parsley. Mix two tablespoons each tarragon and cider vinegar and four tablespoons olive oil, and add one slice lemon cut one-third inch thick. Bring to boiling-point, pour over potatoes, cover, and let stand in oven until thoroughly warmed.

Potato and Celery Salad

To two cups boiled potatoes cut in one-half-inch cubes add one-half cup finely cut celery and a medium-sized apple, pared, cut in eighths, then eighths cut in thin slices. Marinate with French Dressing. Arrange in a mound and garnish with celery tip and sections of bright red apple.

Bolivia Salad

Cut cold boiled potatoes in one-half-inch cubes; there should be one and one-half cups. Add three hard-boiled eggs finely chopped, one and one-half tablespoons finely chopped red peppers, and one-half tablespoon chopped chives. Pour over Cream Dressing I (see p. 423) and serve in nests of lettuce leaves.

Seneca Salad

Wash one head romaine and cut in pieces, using scissors. Mix two cups cold riced potatoes, one-half pound white mushroom caps peeled and cut in eighths, and one pound Brazil nut meats (from which skins have been removed) cut in pieces. Moisten with French Dressing, made by allowing one-third tarragon vinegar to two-thirds olive oil. Arrange on salad dish, surround with romaine, and garnish with three peeled mushroom caps and six Brazil nut meats.

After Theatre Salad

Cook salt herring in boiling water to cover, fifteen minutes. Drain, cool, and separate into flakes; there should be one cup. Add an equal measure of one-third-inch cubes of cold boiled potatoes and one-fourth the measure of finely chopped whites of hard-boiled eggs. Mix thoroughly, moisten with French Dressing, cover, and let stand in a cold place one hour. Beat one-fourth cup heavy cream until stiff and add two tablespoons canned pimiento purée. Mix with an equal measure of Mayonnaise Dressing, moisten mixture with dressing, and mound on a nest of lettuce leaves.

Potato and Egg Salad

Cut cold boiled potatoes in one-half-inch cubes; there should be one and one-half cups. Add one canned pimiento, drained and cut in thin strips, and two slices onion, finely chopped. Moisten with Waltham Salad Dressing, arrange in a mound, and garnish with three hard-boiled eggs. Chop whites and arrange on two-fourths of the mound opposite each other; force yolks through a potato ricer and arrange on other two-fourths. Put single sprigs of parsley in lines dividing whites from yolks. Garnish top with a slice of hard-boiled egg and parsley.

Macédoine Salad

Marinate separately cold cooked cauliflower, peas, and carrots cut in small cubes, and outer stalks of celery finely cut. Arrange peas and carrots in alternate piles in centre of a salad dish. Pile cauliflower on top. Arrange celery in four piles at equal distances. At top of each pile place a small gherkin cut lengthwise in very thin slices, beginning at blossom end and cutting nearly to stem end. Open slices to represent a fan. Place between piles of celery a slice of tomato.

Almost any cold cooked vegetables on hand may be used for a Macédoine Salad, and if care is taken in arrangement, they make an attractive dish.

Russian Salad

Mix one cup each cold cooked carrot cubes and potato cubes, one cup cold cooked peas, and one cup cold cooked beans, and marinate with French Dressing. Arrange on lettuce leaves in four sections, and cover each section with Mayonnaise Dressing. Garnish two sections with small pieces of smoked salmon, one section with finely chopped

whites of hard-boiled eggs, and one section with yolks of hard-boiled eggs forced through a strainer. Put small sprigs of parsley or shrimps in lines dividing sections.

Carlton Salad

Separate French Endive into pieces and clean; drain and chill. Cut cold cooked beets in one-quarter-inch slices and slices into rings and fancy shapes, using a French vegetable cutter. Arrange pieces of endive through beet rings. Arrange for individual service on crisp lettuce leaves, allowing two leaves, two bunches of endive in rings, and five shapes for each portion. Serve with Carlton Salad Dressing.

Tomatoes Stuffed with Pineapple

Peel medium-sized tomatoes. Remove thin slice from top of each, and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with fresh pineapple cut in small cubes or shredded, and nut meats, using two-thirds pineapple and one-third nut meats. Mix with Mayonnaise Dressing, garnish with Mayonnaise, halves of nut meats, and slices cut from tops cut square. Serve on a bed of lettuce leaves.

Stuffed Tomato Salad I

Peel medium-sized tomatoes. Remove thin slice from top of each and take out seeds and some of pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Fill tomatoes with cucumbers cut in small cubes and mixed with Mayonnaise Dressing. Arrange on lettuce leaves, and garnish top of each with Mayonnaise Dressing forced through a pastry-bag and tube.

Stuffed Tomato Salad II

Prepare tomatoes same as for Tomatoes Stuffed with Pineapple. Refill with finely cut celery and apple, using equal parts. Serve with Mayonnaise, and garnish with shredded lettuce.

Stuffed Tomato Salad (German Style)

Prepare tomatoes same as Tomatoes Stuffed with Pineapple. Shred finely one-half a cabbage. Let stand two hours in salted water, allowing two tablespoons salt to one quart water. Cook slowly thirty minutes one-half cup each cold water and vinegar, with a bit of bay leaf, one-half teaspoon peppercorns, one-fourth teaspoon mustard seed,

and six cloves. Strain, and pour over cabbage drained from salt water. Let stand two hours, again drain, and refill tomatoes.

Tomato and Horseradish Salad

Peel and chill tomatoes, cut in halves crosswise, arrange on lettuce leaves, and garnish with Horseradish Sauce I.

Hindoo Salad

Arrange four slices tomato on a bed of shredded lettuce. On two of the slices pile shaved celery, on the opposite slices, finely cut watercress. Garnish with small pieces of tomato shaped with circular cutter, and serve with French Dressing.

Tomato Ciboulettes

Remove skins from four small tomatoes, and cut in halves crosswise. Cover with Mayonnaise, and sprinkle with finely chopped chives. Serve on lettuce leaves.

Tomato and Watercress Salad

Peel and chill large tomatoes, cut in slices one-third inch thick, and slices in strips one-third inch wide. Arrange on a flat dish to represent lattice work, and fill in the spaces with watercress. Serve with French Dressing.

Tomato and Cucumber Salad

Arrange alternate slices of tomato and cucumber until six slices have been piled one on top of another. Place on lettuce leaves, garnish with strips of red and green peppers. Serve with French and Mayonnaise Dressing. Remove seeds from peppers and parboil two minutes before using.

Salad Chiffonade

Cook one green pepper in boiling water to which one-fourth teaspoon soda has been added one minute; cool, and shred. Shred one head of romaine, remove pulp from one large grape fruit, and cut three small ripe tomatoes in quarters lengthwise. Arrange in salad dish and serve with French Dressing.

Wiersbick's Salad

Peel small tomatoes of uniform size and scoop out a portion of centres. Arrange in nests of lettuce leaves and garnish top of each with

Pear Salad. — *Page 407.*

Lobster Salad III. — *Page 414.*

Berkshire Salad in Boxes. — *Page 417.*

Chicken and Mushroom Timbales. — *Page 447.*

a slice of cucumber, slice of truffle cut in fancy shape, and ring of green pepper. Serve with the following dressing:

Mix three tablespoons Louit Frères mustard, one-fourth teaspoon salt, one-eighth teaspoon paprika, one tablespoon vinegar, and one-half teaspoon Worcestershire Sauce; then add slowly, while stirring constantly, one-half cup olive oil.

Tomato and Cheese Salad

Peel six medium-sized tomatoes, chill, and scoop out a small quantity of pulp from the centre of each. Fill cavities, using equal parts of Roquefort and Neufchâtel cheese worked together and moistened with French Dressing. Arrange on lettuce leaves and serve with French Dressing.

Tomato Jelly Salad

To one can stewed and strained tomatoes add one teaspoon each of salt and powdered sugar, and two-thirds box gelatine which has soaked fifteen minutes in one-half cup cold water. Pour into small cups, and chill. Run a knife around inside of moulds, so that when taken out shapes may have a rough surface, suggesting a fresh tomato. Place on lettuce leaves and garnish top of each with Mayonnaise Dressing.

Frozen Tomato Salad

Open one quart can tomatoes, turn from can, and let stand one hour that they may be re-oxygenated. Add three tablespoons sugar, and season highly with salt and cayenne; then rub through a sieve. Turn into one-half pound breakfast-cocoa boxes, cover tightly, pack in salt and ice, using equal parts, and let stand three hours. Remove from mould, arrange on lettuce leaves, and serve with Mayonnaise Dressing

Salad à la Russe

Peel six tomatoes, remove thin slices from top of each, and take out seeds and pulp. Sprinkle inside with salt, invert, and let stand one-half hour. Place seeds and pulp removed from tomatoes in a strainer to drain. Mix one-third cup cucumbers cut in dice, one-third cup cold cooked peas, one-fourth cup pickles finely chopped, one-third cup tomato pulp, and two tablespoons capers. Season with salt, pepper, and vinegar. Put in a cheesecloth and squeeze; then add one-half cup cold cooked chicken cut in very small dice. Mix with

Mayonnaise Dressing, refill tomatoes, sprinkle with finely chopped parsley, and place each on a lettuce leaf.

German Tomato Salad

Chill six small tomatoes of uniform size. Peel (which is best accomplished by scraping entire surface with the back of a vegetable knife, when skin may be easily removed) and cut in eighths, without severing sections. Open in such fashion as to represent the petals of a flower. In centre of each place a teaspoon of pearl onions. Serve with French Dressing.

Poinsettia Salad

Chill, cut, and arrange tomatoes same as for German Tomato Salad. In centre of each put one tablespoon cream cheese, mashed, moistened with French Dressing, seasoned with salt and paprika, and forced through a purée strainer. Serve with Martinique French Dressing.

Huntington Salad

Wipe, peel, and chill medium-sized tomatoes, then cut in five vertical slices, crosswise, not severing sections. Mash a cream cheese, moisten with French Dressing, pack into a timbale mould, and chill thoroughly. Remove from mould, cut in one-fourth-inch slices, crosswise, and fit slices between incisions in tomatoes. Serve in nests of crisp lettuce leaves with French Dressing.

Joplin Stuffed Tomato Salad

Wipe and skin six small tomatoes. Cut a piece from stem end of each, scrape out soft inside, sprinkle inside surface with salt, invert, and let stand one-half hour. Mash one-half a cream cheese, and add six chopped pimolas, one tablespoon finely chopped parsley, one tablespoon tomato pulp, and one-fourth teaspoon dry mustard and moisten with French Dressing. Fill tomatoes with mixture, arrange in nests of crisp lettuce leaves, and serve with Mayonnaise Dressing.

Indian Salad

Wipe and peel six medium-sized tomatoes. Scoop out centres, sprinkle inside with salt, invert, and let stand until thoroughly chilled. Insert in each from six to eight short stalks of cold boiled asparagus. Put over asparagus, resting on rims of tomato, one-fourth-inch rings cut from a cold boiled beet. Over beet rings arrange one-fourth-

inch rings cut from green pepper, and over green pepper rings, red pepper rings. Arrange for individual service on crisp lettuce leaves and serve with Indian Dressing.

Spring Salad

Cut four hard-boiled eggs in halves crosswise, remove yolks, and cut a thin slice from each end of whites, thus making cups that will stand upright. Mash yolks and moisten with Cream Salad Dressing. Fill cups with one-half cup tiny cucumber cubes mixed with three tablespoons chopped sweet cucumber pickles, and moistened with Cream Salad Dressing. Garnish top of each with yolk mixture, forced through a pastry-bag and rose tube and garnish with diamond-shaped pieces of pickle. Arrange thick slices of tomato on lettuce leaves and on each slice of tomato place an egg cup. Garnish with watercress.

Porcupine Salad

Wipe and peel eight small tomatoes and stick with two-inch narrow strips of celery and green pepper at regular intervals, allowing seven of each to each tomato. Put a tablespoon Waltham Salad Dressing (see p. 425) on each serving plate, place tomato on dressing and sprinkle with finely chopped parsley, allowing one tablespoon to the eight tomatoes.

To be accompanied with dressed lettuce or may be served on lettuce leaves.

Heliofolis Salad

Wash, scrape, and cut celery in thin slices crosswise; there should be one-half cup. Wipe, pare, and cut an apple in eighths, lengthwise, then sections in thin slices, crosswise. Parboil a small green pepper in boiled salted water to cover eight minutes. Cut in halves, remove seeds, and cut in Julienne-shaped pieces. Wipe and peel four tomatoes of uniform size and cut in sections. Marinate each separately and chill thoroughly. Arrange on a nest of crisp lettuce leaves and serve with Cream Mayonnaise.

Dixie Salad

Wash, drain, chill, and arrange French endive in salad bowl and on endive arrange thin, lengthwise-slices cut from sections of pared apples, small tomatoes peeled and cut in quarters, whites of hard-boiled eggs, finely chopped, and yolks of hard-boiled eggs forced through a potato ricer or purée strainer. Serve with Cream Salad Dressing.

Nugget Salad

Wipe, peel, and cut in halves small yellow tomatoes. Chill thoroughly, arrange on a bed of lettuce leaves, pour over French Dressing, and sprinkle with finely chopped parsley.

Asparagus Salad I

Marinate one bunch cooked asparagus, chill thoroughly, put on a bed of crisp lettuce leaves, and arrange the following mixture to represent a band across the middle of bunch: To the white of one hard-boiled egg, finely chopped, add the yolk of one hard-boiled egg forced through a potato-ricer, one tablespoon, each, pickle and pimiento, finely chopped, and one-half tablespoon finely chopped parsley. Pour over a dressing made of four tablespoons olive oil, two tablespoons lemon juice, one-half teaspoon salt, and one-eighth teaspoon pepper.

Asparagus Salad II

Arrange cold cooked asparagus on a bed of crisp lettuce leaves and pour over Vinaigrette Sauce (see p. 331).

Allerton Salad

Wipe and pare a cucumber; cut in one-third-inch slices and slices in one-third-inch cubes. Add an equal measure of celery (cut in thin slices, crosswise), one-half the measure of English Walnut meats, broken in pieces, and one-third the measure of a red or green pepper, finely chopped. Moisten with Ruthven Salad Cream, mound on three-fourth-inch slices of peeled, chilled tomatoes, arrange in nests of lettuce leaves and sprinkle with finely cut chives.

Spinach Salad

Pick over, wash, and cook one-half peck spinach. Drain, and chop finely. Season with salt, pepper, and lemon juice, and add one tablespoon melted butter. Butter slightly small tin moulds and pack solidly with mixture. Chill, remove from moulds, and arrange on thin slice of cold boiled tongue cut in circular pieces. Garnish base of each with a wreath of parsley, and serve on top of each Sauce Tartare.

Moulded Russian Salad

Reduce strong consommé so that when cold it will be jelly-like in consistency. Set individual moulds in pan of ice water, pour in con-

sommé one-fourth inch deep; when firm, decorate bottom and sides of moulds with cold cooked carrots, beets, and potatoes cut in fancy shapes. Add consommé to cover vegetables, and as soon as firm fill moulds two-thirds full of any cooked vegetable that may be at hand. Add consommé by spoonfuls, allowing it to become firm between the additions, and put in enough to cover vegetables. Chill thoroughly, remove from moulds, and arrange on lettuce leaves. Serve with Mayonnaise Dressing.

Mexican Jelly

Peel four large cucumbers and cut in thin slices. Put in saucepan with one cup cold water, bring to boiling-point, and cook slowly until soft; then force through a purée strainer. Add two and one-half tablespoons granulated gelatine dissolved in three-fourths cup boiling water, few drops onion juice, one tablespoon vinegar, few grains cayenne, and salt and pepper to taste. Color with leaf green, strain through cheesecloth, and mould same as Fruit Chartreuse (see p. 522). After removing small mould fill space with Tomato Mayonnaise. Garnish sides of mould with thin slices of cucumber shaped with a small, round fluted cutter, and on the centre of each slice place a circular piece of truffle. Garnish around base of mould with small tomatoes peeled, chilled, and cut in halves crosswise. On each slice of tomato place a circular fluted slice of cucumber, and over all a circular piece of truffle. Serve with

Tomato Mayonnaise. Color mayonnaise red with tomato purée.

Egg Salad I

Cut six hard-boiled eggs in halves crosswise, keeping whites in pairs. Remove yolks, and mash or put through a potato ricer. Add slowly enough Oil Dressing II to moisten. Make into balls the size of original yolks and refill whites. Arrange on a bed of lettuce, and pour Oil Dressing No. II around eggs.

Egg Salad II

Cut four hard-boiled eggs in halves crosswise in such a way that tops of halves may be cut in small points. Remove yolks, mash, and add an equal amount of finely chopped cooked chicken. Moisten with Oil Dressing I, shape in balls size of original yolks, and refill whites. Arrange on lettuce leaves, garnish with radishes cut in fancy shapes, and serve with Oil Dressing I.

Lenten Salad

Separate yolks and whites of four hard-boiled eggs. Chop whites finely, marinate with French Dressing, and arrange on lettuce leaves. Force yolks through a potato ricer and pile on the centre of whites. Serve with French Dressing.

Easter Salad

Put eggs in saucepan, cover with boiling water, and let boil fifteen minutes. Remove shells and while hot hold between thumb and finger, while pressing into apple shapes keeping under a stream of cold water. Mix a bit of Fruit Red with cold water and apply to eggs, using a brush. Insert a clove to represent blossom end, and a stem and leaves to represent stem end (hot-house lilac leaves answer the purpose), and arrange on lettuce leaves.

Serve with Mayonnaise Piquante (see p. 428).

Flemish Beauty Salad

Cook eggs same as for Easter Salad and when still hot, press into pear shapes. Mix a bit of Fruit Green with cold water and put on pears, using a camel's hair brush. Insert cloves and stem and leaves same as in Easter Salad. Arrange on lettuce leaves and serve with Mayonnaise Piquante (see p. 428).

Cheese Salad

Arrange one head lettuce on salad dish, sprinkle with Edam cheese broken in small pieces, and pour over French Dressing.

Neufchâtel Salad I

Cut cream cheese in dice, arrange on lettuce leaves, and garnish with radishes. Serve with French Dressing.

Neufchâtel Salad II

Mash one cream cheese and moisten with French Dressing. Shape into forms the size of robins' eggs. Sprinkle with finely chopped parsley, which has been dried. Arrange in nests of lettuce leaves, and garnish with radishes. Serve with French Dressing.

Cheese and Olive Salad

Mash a cream cheese, moisten with cream, and season with salt and cayenne. Add six olives finely chopped, lettuce finely cut, and

one-half a pimiento cut in strips. Press in original shape of cheese and let stand two hours. Cut in slices, separate in pieces, and serve on lettuce leaves with Mayonnaise Dressing.

Cheese and Currant Salad

Mash a cream cheese and mix with finely chopped lettuce. Shape in balls, arrange on lettuce leaves, pour over French Dressing, and over all Bar-le-Duc currants.

East India Salad

Work two large cream cheeses until smooth. Moisten with milk and cream, using equal parts. Add one-half cup grated Young American cheese, one cup whipped cream, and three-fourths tablespoon granulated gelatine soaked in one tablespoon cold water and dissolved in one tablespoon boiling water. Season highly with salt and paprika, and turn into a border mould. Chill, remove from mould, arrange on lettuce leaves, fill centre with lettuce leaves, and serve with Curry Dressing (see p. 421).

Nut Salad

Mix one cup chopped English walnut meats and two cups shredded lettuce. Arrange on lettuce leaves and garnish with Mayonnaise Dressing.

Nut and Celery Salad I

Mix equal parts of English walnut or pecan nut meats cut in pieces, and celery cut in small pieces. Marinate with French Dressing. Serve with a border of shredded lettuce.

Nut and Celery Salad II

Mix one and one-half cups finely cut celery, one cup pecan nut meats broken in pieces, and one cup shredded cabbage. Moisten with Cream Dressing, and serve in a salad bowl made of a small white cabbage.

Peanut Salad

Shell, skin, and chop one pint peanuts; there should be one-half cup. Add one cup celery, washed, scraped, cut in small pieces, chilled in ice water, drained and dried in a towel. Marinate with French Dressing. Wipe peppers, cut in halves lengthwise, and remove seeds. Arrange on a bed of lettuce leaves, fill with prepared mixture and

garnish top of each with three thin slices of radish overlapping one another.

Orange Salad

Cut five thin-skinned sour oranges in very thin slices, and slices in quarters. Marinate with a dressing made by mixing one-third cup olive oil, one and one-half tablespoons each lemon juice and vinegar, one-third teaspoon salt, one-fourth teaspoon paprika, and a few grains mustard. Serve on a bed of watercress.

Banana Salad I

Remove one section of skin from each of four bananas. Take out fruit, scrape, and cut fruit from one banana in thin slices, fruit from other three bananas in one-half inch cubes. Marinate cubes with French Dressing. Refill skins and garnish each with slices of banana. Stack around a mound of lettuce leaves.

Banana Salad II

Remove skins from bananas, scrape, using a silver knife, and cut in thirds crosswise; then cut each third in pieces lengthwise, and roll in finely chopped peanuts. Arrange with slices of tangerine on a bed of lettuce leaves and pour over French Dressing.

Orange Mint Salad

Remove pulp from four large oranges, by cutting fruit in halves crosswise and using a spoon. Sprinkle with two tablespoons powdered sugar, and add two tablespoons finely chopped mint, and one tablespoon each lemon juice and Sherry wine. Chill thoroughly, serve in glasses, and garnish each with a sprig of mint. Should the oranges be very juicy, pour off a portion of the juice before turning the mixture into glasses.

French Fruit Salad

2 oranges	12 English walnut meats
3 bananas	1 head lettuce
½ lb. Malaga grapes	French Dressing

Peel oranges, and remove pulp separately from each section. Peel bananas, and cut in one-fourth-inch slices. Remove skins and seeds from grapes. Break walnut meats in pieces. Mix prepared ingredients and arrange on lettuce leaves. Serve with French Dressing.

Hungarian Salad

Mix equal parts shredded fresh pineapple, bananas cut in pieces, and sections of tangerines, and marinate with French Dressing. Fill banana skins with mixture, sprinkle generously with paprika, and arrange on lettuce leaves.

Waldorf Salad

Mix equal quantities of finely cut apples and celery, and moisten with Mayonnaise Dressing. Garnish with curled celery and canned pimientos cut in strips or fancy shapes. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to skin to keep apples in shape. Refill shells thus made with the salad, replace tops, and serve on lettuce leaves.

Malaga Salad

Remove skins and seeds from white grapes; add an equal quantity of English walnut meats, blanched and broken in pieces. Marinate with French Dressing. Serve on lettuce leaves and garnish with Maraschino cherries.

Brazilian Salad

Remove skin and seeds from white grapes and cut in halves lengthwise. Add an equal quantity of shredded fresh pineapple, apples pared, cored, and cut in small pieces, and celery cut in small pieces; then add one-fourth the quantity of Brazil nuts broken in pieces. Mix thoroughly, and season with lemon juice. Moisten with Cream Mayonnaise Dressing.

De John's Salad

Pare six Bartlett pears, care being taken not to remove stems. Cut in thin slices, and serve in original shapes on lettuce leaves. Serve with French Dressing.

Pear Salad

Wipe, pare, and cut pears in eighths lengthwise; then remove seeds. Arrange on lettuce leaves, pour over French dressing, and garnish with ribbons of red pepper. See Canned Red Peppers, p. 723.

Game Salad

Drain the syrup from one can peaches. Arrange halves of fruit on lettuce leaves, and pour over all a dressing made by mixing two teaspoons sugar, one teaspoon celery salt, one-fourth teaspoon salt, one-

eighth teaspoon pepper, a few grains cayenne, five drops Tabasco, and adding gradually four tablespoons olive oil and two tablespoons fresh lime juice. Use fresh fruit when in season.

Pepper and Grape Fruit Salad

Cut slices from stem ends of six green peppers, and remove seeds. Refill with grape fruit pulp, finely cut celery, and English walnut meats broken in pieces, allowing twice as much grape fruit as celery, and two nut meats to each pepper. Arrange on chicory or lettuce leaves, and serve with Mayonnaise Dressing.

Grape Fruit and Celery Salad

Cut medium-sized grape fruit in fourths lengthwise. Remove the pulp, and add to it an equal quantity of finely cut celery. Refill sections with mixture, mask with Mayonnaise Dressing, and garnish with celery tips or curled celery and canned pimientos cut in strips.

Monte Carlo Salad

Remove pulp from four large grape fruit, and drain. Add an equal quantity of finely cut celery, and apple cut in small pieces. Moisten with Mayonnaise, pile on a shallow salad dish, arrange around a border of lettuce leaves, and mask with Mayonnaise. Outline, using green Mayonnaise, four oblongs to represent playing cards, and denote spots on cards by canned pimientos or truffles; pimientos cut in shapes of hearts and diamonds, truffles cut in shapes of spades and clubs. Garnish with cold cooked carrot and turnip, shaped with a small round cutter to suggest gold and silver coin.

Parisian Grape Fruit Salad

Drain canned artichoke bottoms, marinate with French Dressing, and let stand in ice box one hour. Peel grape fruit, remove pulp by sections, and cut in halves, crosswise. Mould halves of sections dome-shaped on artichoke bottoms and arrange between each section a narrow strip of canned pimiento and garnish top with pimiento shaped with a French vegetable cutter. Arrange each on crisp lettuce leaves for individual service. Pour over Red Wine French Dressing.

Touraine Fruit Salad

Remove pulp from one grape fruit and one large orange. Wipe and remove skins from pears and scoop out balls, using a French

vegetable cutter, having the same measure as of orange pulp. Drain juice from fruits and moisten with a Cream French Dressing (see p. 420).

Take a quart bowl and line with alternate sections of grape fruit and orange. Fill centre with prepared fruit and chill. Remove from bowl to salad dish, place a canned artichoke bottom (marinated, with French Dressing) on top and garnish with small triangular pieces cut from thin slices of truffle and three or four small heart lettuce leaves.

Romaine Salad

Separate one head romaine in quarters. Put sections on salad plates for individual service and arrange on each sections of grape fruit, oranges and pears, using two of each. Place at ends pickled walnuts. Serve with French Dressing.

Dinner Salad

Arrange for individual service alternate sections of orange and grape fruit on romaine, allowing six sections of fruit and two romaine leaves to each portion. Garnish between sections with thin strips of canned pimiento. Serve with French Dressing.

Lakewood Salad

Cut one grape fruit and two oranges in sections and free from seed and membrane. Skin and seed white grapes; there should be three-fourths cup. Cut pecan nut meats in pieces; there should be one-third cup. Mix prepared ingredients, arrange on a bed of romaine, pour over dressing and garnish with thin strips of red pepper.

For the dressing mix four tablespoons olive oil, one tablespoon grape fruit juice, one-half tablespoon vinegar, one teaspoon salt, one-fourth teaspoon paprika, one-eighth teaspoon pepper and one tablespoon finely chopped Roquefort cheese.

Moquin Salad I

Seed and peel white grapes and stuff with strips of canned pimiento; there should be one cup. Separate tangerines or oranges into sections and free from skin and seeds; there should be one and one-fourth cups. Mash a large cream cheese, add one-fourth cup chopped pecan nut meats, and moisten with French Dressing; then make into balls about size of grapes. Arrange grapes, tangerines, and cheese balls on lettuce leaves, and serve with French Dressing.

Strawberry Salad

Wash, hull, and cut one pint selected strawberries in halves, lengthwise. Sprinkle with powdered sugar and add one teaspoon kirsch. Cover and let stand in ice box until thoroughly chilled. Arrange in eight nests of white lettuce leaves and cover fruit with one-half pint whipped cream (seasoned with salt and paprika) to which has been added one-half cup Mayonnaise Dressing. Garnish with halves of strawberries and chopped pistachio nut meats.

Rosalie Salad

Cook celery roots in boiling salted water to cover. Drain, chill, and cut in thin slices. Drain halves of canned peaches and fill cavities with chopped pistachio nut meats. Cut cold boiled beets in thin slices. Arrange prepared vegetables and fruit on a bed of escarole, and when thoroughly chilled, pour over French Dressing.

Cherry Nut Salad

Wipe fresh or drain canned cherries. Remove stones and fill cavities thus made with pecan nut meats. Arrange on a bed of crisp lettuce leaves and garnish with cherries, from which the stems have not been removed, if any are at hand. Serve with Cream Mayonnaise.

Rochester Salad

Remove pimientos from can, drain thoroughly, and dry on a towel. Line timbale moulds with pimientos and pack solidly with the following mixture: Work a small cream cheese until smooth, add two tablespoons pecan nut meats, broken in pieces, and moisten with French Dressing. Chill thoroughly, remove from moulds, and cut in one-third-inch slices crosswise. Arrange for individual service on crisp lettuce leaves, allowing three slices for each portion. Serve with California French Dressing.

Cheese and Apple Salad

Wipe and pare apples and shape with a French vegetable cutter, having twenty-four small balls; then marinate with French Dressing and let stand until chilled.

Mash a cream cheese and add one teaspoon, each, Worcestershire Sauce and salt, and one tablespoon chopped canned pimiento. Shape into twelve balls, same size as apple balls. Arrange on bed of lettuce

leaves and garnish with strips of canned pimiento. Serve with French Dressing.

Campestris Salad

Mash a small cream cheese, season with one-fourth teaspoon salt and one-eighth teaspoon paprika, and moisten with one-half tablespoon French Dressing. Shape to represent mushroom caps and stems, roll in finely chopped salted almonds put through a purée strainer, and put caps on stems. Place on thin unsweetened wafer crackers around a basket (made from the skin of an orange), filled with Red Bar-le-duc Currants, and garnish with sprigs of green. Pass with dressed lettuce.

Grape Fruit Jelly Salad

Mash a large cream cheese, moisten with heavy cream, and season highly with salt, pepper, and onion juice. Pipe around a mould of Grape Fruit Jelly, sprinkle with chopped English walnut meats, and garnish with watercress. Serve with Huntington French Dressing, made by mixing one-half teaspoon salt, one-fourth teaspoon paprika, one tablespoon, each, vinegar and lemon juice, and four tablespoons olive oil. Stir until well blended.

Grape Fruit Jelly. Put one-third cup sugar in small saucepan, pour over one-third cup water, bring to the boiling-point, and let boil three minutes. Remove from range, add one and one-half tablespoons granulated gelatine, soaked in two tablespoons cold water, three-fourths cup grape fruit juice, one tablespoon lemon juice, and a few grains salt. Strain into a bowl.

For a larger mould use twice the recipe. The cheese mixture may be moulded in small timbale moulds.

Moquin Salad II

Drain slices of canned pineapple, cut in halves, crosswise, and arrange for individual service on lettuce leaves. Work a cream cheese and moisten with French Dressing. Force through a potato ricer over pineapple. Serve with French Dressing.

The New Vanderbilt Salad

Arrange thin slices of fresh pineapple (cut crosswise of fruit with centre removed) on nests of lettuce leaves. Pile in centre celery cut in thin one and one-half inch Julienne-shaped pieces mixed with an equal measure of chopped English walnut meats. Garnish pineapple

circle at equal distances with two sections, each, of grape fruit and orange. Serve with Cream Mayonnaise.

Kentucky Salad

Pare, chop, and drain cucumber; there should be one-half cup. Add an equal measure of canned sliced pineapple, chopped and drained. Soak one and one-fourth tablespoons granulated gelatine in one-fourth cup cold water and dissolve in one-fourth cup boiling water, and add to first mixture with one-fourth cup, each, sugar and vinegar, two-thirds cup pineapple syrup, one tablespoon, each, Tarragon vinegar and lemon juice, and a few grains salt. Mould, chill, remove from mould, arrange on lettuce leaves, and accompany with Mayonnaise Dressing.

Los Angeles Fruit Salad

Cut marshmallows in thin strips using scissors; there should be one and three-fourths cups. Add one-half can sliced pineapple, drained and cut in small cubes, two and three-fourths cups Malaga grapes, skinned, seeded, and cut in halves, one and one-half cups sections of oranges, one-half cup English walnut meats, cut in pieces, and a few grains salt.

Make cups of halves of orange peel, arrange on nests of lettuce leaves, and fill with mixture moistened with salad dressing. Cover with Cream Salad Dressing and garnish top of each with thin strips of canned pimiento, one-half grape, skinned and seeded, and finely chopped parsley.

Fruit and Ginger Ale Salad

Soak two tablespoons granulated gelatine in two tablespoons cold water and dissolve in one-third cup boiling water; then add one-fourth cup lemon juice, two tablespoons sugar, a few grains salt, and one cup ginger ale. Let stand until mixture begins to set and fold in one-third cup Malaga grapes, skinned, seeded, and cut in halves, one-third cup celery, cut in slices crosswise, one-third cup apple, cored, pared, and cut in Julienne-shaped pieces, and four tablespoons canned pineapple cut in small cubes.

Turn into a border mould, chill, and remove to serving dish. Garnish with watercress and celery tips. In centre place small dish, fill with Cream Mayonnaise Dressing, and garnish with curled celery.

Salmon Salad

Flake remnants of cold boiled salmon. Mix with French, Mayonnaise, or Cream Dressing. Arrange on nests of lettuce leaves. Garnish with the yolk of a hard-boiled egg forced through a potato ricer, and white of egg cut in strips.

Shrimp Salad

Remove shrimps from can, cover with cold or ice water, and let stand twenty minutes. Drain, dry between towels, remove intestinal veins, and break in pieces, reserving six of the finest. Moisten with Cream Dressing II, and arrange on nests of lettuce leaves. Put a spoonful of dressing on each, and garnish with a whole shrimp, capers, and an olive cut in quarters.

Sardine Salad

Remove skin and bones from sardines, and mix with an equal quantity of the mashed yolks of hard-boiled eggs. Arrange in nests of lettuce leaves and serve with Mayonnaise Dressing.

Shad Roe Salad

In each of six well-buttered cups or other individual moulds drop the white of an egg. Sprinkle with salt and pepper and in centre of each place a one-inch piece of cooked shad roe. Set moulds in pan of hot water and bake until white is set. Remove from moulds and marinate with French Dressing.

When thoroughly chilled, arrange in nests of lettuce leaves and garnish with Mayonnaise Dressing, forced through a pastry bag and tube, and thin strips of red pepper.

Lobster Salad I

Remove lobster meat from shell, cut in one-half inch cubes, and marinate with a French Dressing. Mix with a small quantity of Mayonnaise Dressing and arrange in nests of lettuce leaves. Put a spoonful of Mayonnaise on each, and sprinkle with lobster coral rubbed through a fine sieve. Garnish with small lobster claws around outside of dish. Cream Dressing I or II may be used in place of Mayonnaise Dressing.

Lobster Salad II

Prepare lobster as for Lobster Salad I. Add an equal quantity of celery cut in small pieces, kept one hour in cold or ice water, then drained and dried in a towel. Moisten with any cream or oil dressing. Arrange on a salad dish, pile slightly in centre, cover with dressing, sprinkle with lobster coral forced through a fine sieve, and garnish with a border of curled celery and watercress.

To Curl Celery. Cut thick stalks of celery in two-inch pieces. With a sharp knife, beginning at outside of stalks, make five cuts parallel with each other, extending one-third the length of pieces. Make six cuts at right-angles to cuts already made. Put pieces in cold or ice water and let stand over night or for several hours, when they will curl back and celery will be found very crisp. Both ends of celery may be curled if one cares to take the trouble.

Lobster Salad III

Remove large claws and split a lobster in two lengthwise by beginning the cut on inside of tail end and cutting through entire length of tail and body. Open lobster, remove tail meat, liver, and coral, and set aside. Discard intestinal vein, stomach, and fat, and wipe inside thoroughly with cloth wrung out of cold water. Body meat and small claws are left on shell. Remove meat from upper parts of large claws and cut off (using scissors or can opener) one-half the shell from lower parts, taking out meat and leaving the parts in suitable condition to refill. Cut lobster meat in one-half-inch cubes, marinate with French Dressing, and mix with an equal quantity of finely cut celery. Season with salt, pepper, and vinegar, and moisten with Mayonnaise Dressing. Refill tail, body, and under half of large claw shells. Mix liver and coral, rub through a sieve, add one tablespoon Mayonnaise Dressing and a few drops anchovy sauce with enough more Mayonnaise Dressing to cover lobster already in shell. Arrange on a bed of lettuce leaves.

Fish Salad with Cucumbers

Season one and one-half cups cold cooked flaked halibut, haddock, or cod, with salt, cayenne, and lemon juice. Cover, and let stand one hour. To Cream Dressing II add one-third tablespoon granulated gelatine soaked in one and one-half tablespoons cold water. As soon as dressing begins to thicken, add one-half cup heavy cream beaten

until stiff, then fold in the fish. Turn into individual moulds, chill, remove from moulds, arrange on lettuce leaves, garnish each with a thin slice of cucumber, and serve with

Cucumber Sauce. Pare two cucumbers, chop, drain off most of liquor, and season with salt, pepper, and vinegar.

Crab and Tomato Salad

Remove meat from hard-shelled crabs; there should be one cup. Add two-thirds cup celery, cut in small pieces, and six small tomatoes peeled, chilled, and cut in quarters. Moisten with Mayonnaise. Serve on lettuce leaves, and garnish with Mayonnaise, curled celery, and small pieces of tomato.

Crab Meat Salad

2 teaspoons granulated gelatine
⅓ cup chicken stock
1 tablespoon tarragon vinegar
½ cup mayonnaise dressing
½ cup grape fruit pulp
½ cup canned pineapple cut in small cubes
1 cup crab meat

Soak gelatine in chicken stock, five minutes, dissolve over hot water, and add vinegar. Add slowly to mayonnaise dressing, beating thoroughly. Mix fruit and crab meat and add to first mixture. Pack in oiled timbale moulds and chill. Remove from moulds and arrange in nests of lettuce leaves. Grape fruit juice may be used in place of chicken stock. Chicken stock may be made with chicken bouillon cubes.

Scallop and Tomato Salad

Clean one pint scallops, parboil, and drain. Add juice of one lemon, cover, and let stand one hour. Drain, dry between towels, sprinkle with salt and pepper, dip in flour, egg, and stale bread crumbs, fry in deep fat, and drain on brown paper. Cool, cut in halves, marinate with dressing, and serve garnished with sliced tomatoes and watercress.

Dressing. Mix one teaspoon finely chopped shallot, three-fourths teaspoon salt, one-eighth teaspoon paprika, two tablespoons lemon juice, and four tablespoons olive oil.

Salmon à la Martin, Ravigôte Mayonnaise

Drain one can salmon, rinse, dry, and separate in flakes. Moisten with Ravigôte Mayonnaise, arrange on a bed of lettuce, mask with

mayonnaise, and garnish with canned pimientos cut in triangles, and truffles cut in fancy shapes.

Ravigôte Mayonnaise. Mix two tablespoons cooked spinach, one tablespoon capers, one-half shallot finely chopped, three anchovies, one-third cup parsley, and one-half cup watercress. Pound in mortar until thoroughly macerated, then force through a very fine strainer. Add to one-half the recipe for Mayonnaise Dressing I.

Oyster and Grape Fruit Salad

Parboil one and one-half pints oysters, drain, cool, and remove tough muscles. Cut three grape fruit in halves crosswise, remove pulp, and drain. Mix oysters with pulp, and season with six tablespoons tomato catsup, four tablespoons grape fruit juice, one tablespoon Worcestershire Sauce, eight drops Tabasco Sauce, and one-half teaspoon salt. Refill grape fruit skins with mixture, and garnish with curled celery.

Chicken Salad I

Cut cold boiled fowl or remnants of roast chicken in one-half inch cubes, and marinate with French Dressing. Add an equal quantity of celery, washed, scraped, cut in small pieces, chilled in cold or ice water, drained, and dried in a towel. Just before serving moisten with Cream, Oil, or Mayonnaise Dressing. Mound on a salad dish, and garnish with yolks of hard-boiled eggs forced through a potato ricer, capers, and celery tips.

Chicken Salad II

Cut cold boiled fowl or remnants of roast chicken in one-half-inch cubes. To two cups add one and one-half cups celery cut in small pieces, and moisten with Cream Dressing II. Mound on a salad dish, cover with dressing, and garnish with capers, thin slices cut from small pickles, and curled celery.

Runnymede Salad

Wipe two long cucumbers, remove a thick slice from each end, and cut crosswise in two-inch pieces. Remove centres, leaving cups. Cut white meat of cold cooked chicken in thin slices, then in one-half-inch squares; there should be one-half cup. Mix with an equal measure, each, of cold boiled potatoes and artichoke bottoms, cut in the same fashion, and two tablespoons truffle, cut in small pieces. Moisten

with Chutney Mayonnaise (see p. 428) and fill cups. Arrange on nests of lettuce leaves.

Individual Chicken Salads in Aspic

Cover bottom of individual moulds set in ice-water with aspic jelly mixture. When jelly is firm decorate with yolks and whites of hard-boiled eggs cooked as for Harlequin Slices (see p. 175) and truffles cut in fancy shapes, or pistachio nuts blanched and cut in halves, Cover decorations with aspic mixture, being careful not to disarrange the designs. Finely chop cold cooked fowl (preferably breast meat), moisten with Mayonnaise to which is added a small quantity of dissolved granulated gelatine, shape in balls, put a ball in each mould, and add gradually aspic mixture to fill moulds. Chill thoroughly, remove to lettuce leaves, and arrange around a dish of Mayonnaise Dressing.

Swiss Salad

Mix one cup cold cooked chicken cut in cubes, one cucumber pared and cut in cubes, one cup chopped English walnut meats, and one cup French peas. Marinate with French Dressing, arrange on serving dish, and garnish with Mayonnaise Dressing.

Nile Salad

Cut cold boiled or roasted chicken in cubes (there should be one and one-half cups). Put one-half cup English walnut meats in pan, sprinkle sparingly with salt, and add three-fourths tablespoon butter. Cook in a slow oven until thoroughly heated, stirring occasionally; remove from oven and break in pieces.

Mix chicken and nuts and marinate with French Dressing. Add three-fourths cup celery cut in small pieces. Arrange on a bed of lettuce, and mask with Ravigôte Mayonnaise (see p. 416).

Berkshire Salad in Boxes

Marinate one cup cold boiled fowl cut into dice and one cup cooked French chestnuts broken in pieces with French Dressing. Add one finely chopped red pepper from which seeds have been removed, one cup celery cut into small pieces, and Mayonnaise to moisten. Trim crackers (four inches long by one inch wide, slightly salted) at ends, using a sharp knife; arrange on plate in form of box, keep in place with red ribbon one-half inch wide, and fasten at one corner by tying

ribbon in a bow. Garnish opposite corner with a sprig of holly berries. Line box with lettuce leaves, put in a spoonful of salad, and mask with Mayonnaise. Any colored ribbon may be used, and flowers substituted for berries.

Chicken and Oyster Salad

Clean, parboil, and drain one pint oysters. Remove tough muscles, and mix soft parts with an equal quantity of cold boiled fowl cut in one-half-inch dice. Moisten with salad dressing, and serve on a bed of lettuce leaves.

Mock Chicken Salad

2 cups cold roast pork cut in ½ inch cubes
1 cup celery, cut in small pieces
4 olives, stoned and chopped
½ red pepper

Mix pork cubes, celery, and olives and add one-half of the pepper, which has been washed, parboiled, and seeds removed, then cut in thin strips. Moisten with Mayonnaise or Waltham Salad Dressing. Mound in salad bowl and garnish with celery tips and remaining strips of red pepper.

Sweetbread and Cucumber Salad I

Parboil a pair of sweetbreads twenty minutes; drain, cool, and cut in one-half-inch cubes. Mix with an equal quantity of cucumber cut in one-half-inch dice. Season with salt and pepper, and moisten with German Dressing. Arrange in nests of lettuce leaves or in cucumber cups, and garnish with watercress. To prepare cucumber cups, pare cucumbers, remove thick slices from each end, and cut in halves crosswise. Take out centres, put cups in cold water, and let stand until crisp; drain, and dry for refilling. Small cucumbers may be pared, cut in halves lengthwise, centres removed, and cut pointed at ends to represent a boat.

Sweetbread and Cucumber Salad II

Parboil a sweetbread, adding to water a bit of bay leaf, a slice of onion, and a blade of mace. Cool, and cut in small cubes; there should be three-fourths cup. Add an equal quantity of cucumber cubes. Beat one-half cup thick cream until stiff; add one-fourth tablespoon granulated gelatine soaked in one-half tablespoon cold water and dissolved in one and one-half tablespoons boiling water, then add one and one-half tablespoons vinegar. Add sweetbread and

cucumber, season highly with salt and paprika, mould, and chill. Arrange on lettuce leaves, and serve with French Dressing.

Sweetbread and Celery Salad

Mix equal parts of parboiled sweetbreads cut in one-half-inch cubes and celery finely cut. Moisten with Cream Dressing, and arrange on lettuce leaves.

Harvard Salad

Make lemon baskets, follow directions for Orange Baskets (see p. 529). With a small wooden skewer make an incision in centre of each handle and insert a small sprig of parsley. Fill baskets with equal parts of cold cooked sweetbread and cucumber cut in small cubes, and one-fourth the quantity of finely cut celery, moistened with Cream Dressing II (see p. 529). Pare round red radishes as thinly as possible and finely chop parings. Smooth top of baskets and cover with dressing. Sprinkle top of one-half the baskets with chopped parings, the remaining half with finely chopped parsley. Arrange red and green baskets alternately on serving dish, and garnish with watercress.

CHAPTER XXII

SALAD DRESSINGS

French Dressing

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons vinegar
4 tablespoons olive oil

Put ingredients in small glass jar, cover, and shake thoroughly. Some prefer the addition of a few drops onion juice. One tablespoon, each, lemon juice and vinegar may be used.

Cream French Dressing

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons lemon juice
4 tablespoons olive oil
3 tablespoons heavy cream

Make same as French Dressing adding cream beaten until stiff or unbeaten.

Martinique French Dressing

To French Dressing add one-half teaspoon finely chopped parsley and one-half tablespoon finely chopped green pepper.

Breslin French Dressing

To French Dressing add one-half tablespoon chopped pistachio nuts and one-fourth teaspoon finely chopped truffle.

Red Wine French Dressing

½ teaspoon salt
⅓ teaspoon paprika
2 tablespoons red wine vinegar
4 tablespoons olive oil

Make same as French Dressing.

Club French Dressing

½ teaspoon salt
¼ teaspoon pepper
2 tablespoons brandy
2 tablespoons Tarragon vinegar
2 tablespoons olive oil

Make same as French Dressing.

Curry Dressing

¾ teaspoon salt
¼ teaspoon curry powder
¼ teaspoon pepper
5 tablespoons olive oil
3 tablespoons vinegar

Make same as French Dressing.

California French Dressing

4 tablespoons olive oil
2 tablespoons grape fruit or lemon juice
½ teaspoon powdered sugar
½ teaspoon salt
¼ teaspoon paprika

Make same as French Dressing.

Tabasco French Dressing

4 tablespoons olive oil
2 tablespoons lemon juice
1 teaspoon powdered sugar
¼ teaspoon salt
⅛ teaspoon pepper
5 drops Tabasco Sauce

Mix ingredients in a glass jar. Cover, chill, and shake thoroughly before using.

Columbia French Dressing

1 teaspoon salt
1 teaspoon mustard
½ teaspoon onion juice
1 tablespoon Worcestershire Sauce
2 tablespoons lemon juice
6 tablespoons olive oil

Mix ingredients in a small glass jar, cover, set in a cold place, and shake thoroughly before using.

Chutney Dressing

½ teaspoon salt
¼ teaspoon paprika
1 tablespoon vinegar
1 tablespoon lemon juice
4 tablespoons olive oil
⅔ cup Col. Skinner's Chutney

Mix first five ingredients in order given, and when well blended add chutney. Serve on lettuce.

Parisian French Dressing

½ cup olive oil
5 tablespoons vinegar
½ teaspoon powdered sugar
1 tablespoon finely chopped Bermuda onion
2 tablespoons finely chopped parsley
4 red peppers
8 green peppers
1 teaspoon salt

Mix ingredients in the order given. Let stand one hour, then stir vigorously for five minutes. This is especially fine with lettuce, romaine, chicory, or endive. The red and green peppers are the small ones found in pepper sauce.

Chiffonade Dressing

2 tablespoons finely chopped parsley
2 tablespoons finely chopped red pepper
1 teaspoon finely chopped shallot
2 hard-boiled eggs finely chopped
1 teaspoon salt
½ teaspoon black pepper
¼ teaspoon paprika
5 tablespoons olive oil
2 tablespoons vinegar

Mix ingredients in order given. Turn into jar or bottle, cover, and let stand in ice box until very cold. Shake thoroughly before using as a dressing for lettuce or any salad green.

Ohio Salad Dressing

1 tablespoon powdered sugar
2 teaspoons Worcestershire Sauce
2 teaspoons Tomato Catsup
1½ tablespoons vinegar
1 tablespoon olive oil
½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
3 drops Tabasco Sauce
1½ tablespoons lemon juice

Mix ingredients in a glass jar, cover, and shake.

Indian Salad Dressing

Yolks 2 hard-boiled eggs
¾ teaspoon salt
½ teaspoon powdered sugar
¼ teaspoon paprika
Few grains cayenne
Few grains white pepper
1 tablespoon lemon juice
2 tablespoons vinegar
½ cup olive oil
1 tablespoon red pepper, finely chopped
1 tablespoon green pepper, finely chopped
1 tablespoon pickled beets, cut in small cubes
1 teaspoon finely chopped parsley

Force egg yolks through a strainer and add salt, sugar, paprika, cayenne, white pepper, lemon juice, vinegar, and olive oil. Shake thoroughly and add remaining ingredients.

St. Lawrence Dressing

½ cup olive oil
Juice ½ lemon
Juice ½ orange
1 teaspoon grated onion
1 teaspoon chopped parsley
8 olives thinly sliced
¾ teaspoon salt
¼ teaspoon mustard
¼ teaspoon paprika
1 teaspoon Worcestershire Sauce

Mix ingredients in a glass jar, cover, and shake until thickened. Serve on any salad green.

Denver Cream Salad Dressing

1 tablespoon mustard
1 teaspoon salt
2 tablespoons lemon juice
1 cup heavy cream

Mix mustard and salt and moisten with lemon juice; then add two tablespoons cream. Beat remaining cream until it begins to thicken, then add mixture gradually, while beating constantly, continuing the beating until mixture is stiff enough to hold its shape.

Horseradish Cream Dressing

½ cup heavy cream
3 tablespoons vinegar
¼ teaspoon salt
Few grains pepper
2 tablespoons grated horseradish root

Beat cream until it begins to thicken; then add gradually vinegar, while continuing the beating. When mixture is stiff, add seasonings and fold in grated horseradish.

Cream Dressing I

¼ tablespoon salt
½ tablespoon mustard
¾ tablespoon sugar
1 egg slightly beaten
2½ tablespoons butter
¾ cup cream
¼ cup vinegar

Mix ingredients in top of double boiler, adding vinegar very slowly. Cook over boiling water, stirring constantly until mixture thickens, strain, and cool.

Cream Dressing II

1 teaspoon mustard
1 teaspoon salt
2 teaspoons flour
1½ teaspoons powdered sugar
Few grains cayenne
1 teaspoon butter
Yolk 1 egg
⅓ cup vinegar
½ cup thick cream, sweet or sour

Mix dry ingredients in top of double boiler, and add butter, egg, and vinegar slowly. Cook over boiling water, stirring constantly, until mixture thickens; cool, and add to heavy cream, beaten until stiff.

Boiled Dressing I

¼ tablespoon salt
1 teaspoon mustard
1½ tablespoons sugar
Few grains cayenne
2 tablespoons flour
1 egg or yolks 2 eggs
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar

Mix dry ingredients, add yolks of eggs slightly beaten, butter, milk, and vinegar very slowly. Cook over boiling water until mixture thickens; strain and cool.

Boiled Dressing II

Yolks 4 eggs
½ cup olive oil
4 tablespoons vinegar
1 tablespoon lemon juice
1½ teaspoon salt
3 teaspoons powdered sugar
1 pint whipped cream

Beat yolks of eggs slightly, add gradually one-half of the oil and lemon juice. Cook in double boiler until mixture thickens; chill, and add gradually remaining oil, salt, and sugar. Just before serving add cream.

Cream Salad Dressing

¼ teaspoon mustard
⅛ teaspoon salt
⅛ teaspoon paprika
2 eggs
2 tablespoons lemon juice
⅓ cup milk
½ pint heavy cream

Mix mustard, salt, and paprika, and when thoroughly blended, add eggs, slightly beaten, lemon juice, and milk. Cook in double boiler, stirring constantly, until mixture thickens. Cool and add cream, beaten until stiff.

Ruthven Salad Cream

½ tablespoon salt
½ tablespoon mustard
¾ tablespoon sugar
1 tablespoon flour
2 egg yolks
3 tablespoons melted butter
¾ cup milk
¼ cup vinegar

Mix dry ingredients, and when thoroughly blended add egg yolks, slightly beaten, melted butter, milk, and vinegar. Cook in double boiler, stirring constantly, until mixture thickens. Strain and cool.

Waltham Salad Dressing

1 cup sour cream
1 egg
¼ cup vinegar
2 teaspoons salt
2 teaspoons sugar
1 teaspoon mustard
⅛ teaspoon pepper

To cream add egg, slightly beaten, vinegar, and remaining ingredients, thoroughly mixed. Cook in double boiler, stirring constantly, until mixture thickens.

German Dressing

½ cup thick cream
3 tablespoons vinegar
¼ teaspoon salt
Few grains pepper

Beat cream until stiff, using an egg-beater. Add salt, pepper, and vinegar very slowly, continuing the beating.

Fruit Salad Dressing I

⅓ cup orange juice
1½ tablespoons lemon juice
1 egg
½ cup sugar
½ pint heavy cream
Few grains salt

Mix fruit juices, add egg, slightly beaten, and sugar, and cook in double boiler ten minutes. Cool and fold in cream, beaten until stiff; then add salt. Serve with any combination of fruit arranged on lettuce leaves.

Fruit Salad Dressing II

2 eggs
3 tablespoons melted butter
3 tablespoons lemon juice
½ teaspoon salt
1 cup heavy cream
¼ cup powdered sugar
½ teaspoon celery salt
½ teaspoon vanilla
¼ teaspoon paprika
3 drops onion juice

Beat eggs until very light, and add gradually, while beating constantly, melted butter, lemon juice, and salt. Cook over hot water, stirring constantly, until mixture thickens. Cool and add cream, beaten until stiff, and remaining ingredients.

Los Angeles Dressing

Yolks 4 eggs
¼ cup olive oil
1 tablespoon lemon juice
1½ tablespoons vinegar
1 teaspoon salt
1 teaspoon mustard
Few grains cayenne
1 cup heavy cream
1 teaspoon sugar
1½ tablespoons grated horseradish root

Beat yolks of eggs slightly and add oil, lemon juice, vinegar, salt, mustard, and cayenne. Cook in double boiler, stirring constantly, until mixture thickens. Chill and add cream, beaten until stiff, sugar, and horseradish.

Chicken Salad Dressing

½ cup rich chicken stock
½ cup vinegar
Yolks 5 eggs
2 tablespoons mixed mustard
1 teaspoon salt
¼ teaspoon pepper
Few grains cayenne
½ cup thick cream
⅓ cup melted butter

Reduce stock in which a fowl has been cooked to one-half cupful. Add vinegar, yolks of eggs slightly beaten, mustard, salt, pepper, and cayenne. Cook over boiling water, stirring constantly until mixture thickens. Strain, add cream and melted butter, then cool.

Oil Dressing I

4 hard-boiled eggs
4 tablespoons oil
4 tablespoons vinegar
½ tablespoon sugar
½ teaspoon mustard
½ teaspoon salt
Few grains cayenne
White 1 egg

Force yolks of hard-boiled eggs through a strainer, then work, using a silver or wooden spoon, until smooth. Add sugar, mustard, salt, and cayenne, and when well blended add gradually oil and vinegar, stirring and beating until thoroughly mixed; then cut and fold in white of egg beaten until stiff.

Oil Dressing II

1½ teaspoons mustard
1 teaspoon salt
2 teaspoons powdered sugar
Few grains cayenne
2 tablespoons oil
⅓ cup vinegar diluted with cold water to make one-half cup
2 eggs, slightly beaten

Mix dry ingredients, add egg and oil gradually, stirring constantly until thoroughly mixed; then add diluted vinegar. Cook over boiling water until mixture thickens; strain and cool.

Mayonnaise Dressing I

½ teaspoon mustard
½ teaspoon sugar
½ teaspoon salt
Few grains cayenne
1 egg yolk
1 tablespoon vinegar
¾ cup salad oil
1 tablespoon lemon juice

Sift first four ingredients into a bowl, add egg yolk, mix thoroughly, and add vinegar while stirring constantly. Add three teaspoons oil, a drop at a time while beating constantly; then add one teaspoon oil at a time until mixture thickens. When very thick add lemon juice and remaining oil rapidly. The whole process takes seven minutes.

Oil for making Mayonnaise should always be thoroughly chilled. A silver fork, wire-wisk, small wooden spoon, or egg-beater may be used as preferred. Mayonnaise should be stiff enough to hold its shape. It soon liquefies when added to meat or vegetables; therefore it should be added just before serving time. If dressing is to be kept for a few days double the recipe and add at the last, one tablespoon hot water.

Mayonnaise Dressing II

Use same ingredients as for Mayonnaise Dressing I, adding mashed yolk of a hard-boiled egg to dry ingredients.

French Chef

Cream Mayonnaise Dressing

To Mayonnaise Dressing I or II add one-third cup thick cream, beaten until stiff. This recipe should be used only when dressing is to be eaten the day it is made.

Green Mayonnaise

Color Mayonnaise Dressing I with juices expressed from parsley and watercress, using one-half as much parsley as watercress. To obtain coloring, break greens in pieces, pound in a mortar until thoroughly macerated, then squeeze through cheesecloth. Lobster coral, rubbed through a fine sieve, added to Mayonnaise, makes *Red Mayonnaise.*

Potato Mayonnaise

Very small baked potato
1 teaspoon mustard
1 teaspoon salt
1 teaspoon powdered sugar
2 tablespoons vinegar
¾ cup olive oil

Remove and mash the inside of potato. Add mustard, salt, and powdered sugar; add one tablespoon vinegar, and rub mixture through a fine sieve. Add slowly oil and remaining vinegar. By the taste one would hardly realize eggs were not used in the making.

Mayonnaise Piquante

To one cup Mayonnaise Dressing add two tablespoons, each, olives and pickles, finely chopped.

Mayonnaise à la Connelly

To one cup Mayonnaise Dressing add one-half cup cold boiled rice.

Chutney Mayonnaise

To one cup Mayonnaise Dressing add one and one-half tablespoons chutney, and stir until thoroughly blended.

Carlton Salad Dressing

¾ cup Mayonnaise Dressing
2 tablespoons tomato purée
½ tablespoon lemon juice
1½ teaspoons powdered sugar
¼ teaspoon Worcestershire Sauce
½ teaspoon A 1 Sauce

Mix ingredients in order given.

To obtain tomato purée drain one-half can tomatoes, put in saucepan, bring to the boiling-point and let simmer until reduced one-half. Force through a fine strainer, return to saucepan, and let simmer (having an asbestos cover under saucepan) until thick in consistency.

Astoria Salad Dressing

¼ cup Mayonnaise Dressing
¼ cup French Dressing
2 tablespoons Tomato Catsup
½ tablespoon finely chopped green pepper
3 drops Tabasco Sauce

Add French Dressing slowly to Mayonnaise Dressing, stirring constantly; then add remaining ingredients.

Russian Dressing I

½ cup Mayonnaise Dressing
¼ cup Chili Sauce drained from its liquor
¼ cup India Relish
½ teaspoon powdered sugar

Mix ingredients and chill.

Russian Dressing II

½ cup Mayonnaise Dressing
¼ cup Chili sauce
1 tablespoon celery, cut in small pieces
1 tablespoon pimiento, cut in small pieces
1 tablespoon green pepper, cut in small pieces

Mix ingredients and chill.

Thousand Island Dressing

To Russian Dressing I or II add, just before serving, one-fourth cup cream beaten until stiff.

Roquefort Cheese Dressing

2 tablespoons Mayonnaise Dressing
French Dressing
2 tablespoons Roquefort cheese, broken in small pieces
½ teaspoon Worcestershire Sauce

Mix Mayonnaise Dressing and cheese and add French Dressing very slowly until mixture is thick; then add Worcestershire Sauce. Cream cheese or cream cheese with Roquefort flavor may be used in place of Roquefort.

CHAPTER XXIII

ENTRÉES

Luncheon Dishes — Supper Dishes

Batters and Fritters

Batter I

1 cup bread flour
½ teaspoon salt
Few grains pepper
⅔ cup milk
2 eggs

Mix flour, salt, and pepper. Add milk gradually, and eggs well beaten.

Batter II

1 cup bread flour
1 tablespoon sugar
½ teaspoon salt
⅔ cup water
½ tablespoon olive oil
White 1 egg

Mix flour, sugar, and salt. Add water gradually, then olive oil and white of egg beaten until stiff.

Batter III

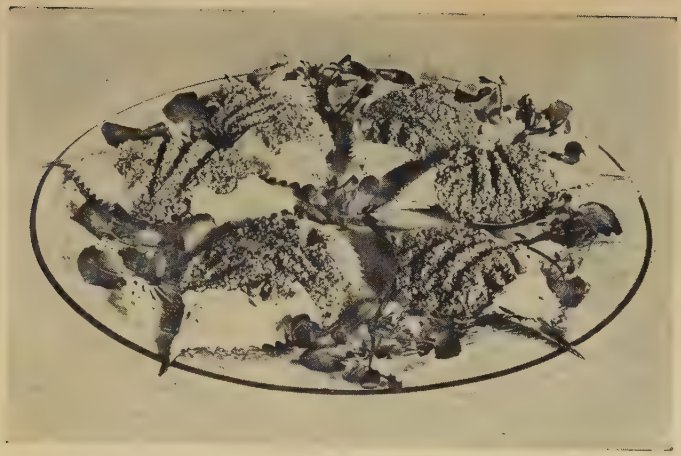
1⅓ cups flour
2 teaspoons baking powder
¼ teaspoon salt
⅔ cup milk
1 egg

Mix and sift dry ingredients, add milk gradually, and egg well beaten.

Batter IV

1 cup flour
1½ teaspoons baking powder
3 tablespoons powdered sugar
¼ teaspoon salt
⅓ cup milk
1 egg

Mix and sift dry ingredients, add milk gradually, and egg well beaten.



Devilled Crabs. — *Page 453.*

Sweetbread Ramequins. — *Page 458.*

Russian Cutlets. — *Page 459.*

Chicken à la King. — *Page 461.*

Batter V

1 cup flour
¼ teaspoon salt
⅔ cup milk or water
Yolks 2 eggs
Whites 2 eggs
1 tablespoon melted butter or olive oil

Mix salt and flour, add milk gradually, yolks of eggs beaten until thick, butter, and whites of eggs beaten until stiff.

Apple Fritters I

2 medium-sized sour apples
Batter III
Powdered sugar

Pare, core, and cut apples in eighths, then cut eighths in slices, and stir into batter. Drop by spoonfuls and fry in deep fat (see Rules for Testing Fat, page 18). Drain on brown paper, and sprinkle with powdered sugar. Serve hot on a folded napkin.

Apple Fritters II

2 medium-sized sour apples
Batter IV

Prepare and cook as Apple Fritters I.

Apple Fritters III

Sour apples
Powdered sugar
Lemon juice
Batter III

Core, pare, and cut apples in one-third-inch slices. Sprinkle with powdered sugar and few drops lemon juice; cover, and let stand one-half hour. Drain, dip pieces in batter, fry in deep fat, and drain. Arrange on a folded napkin in form of a circle, and serve with Sabyon or Hard Sauce.

Banana Fritters I

4 bananas
Powdered sugar
½ tablespoon lemon juice
½ rule Batter III or V

Remove skins from bananas. Scrape bananas, cut in halves lengthwise, and cut halves in two pieces crosswise. Sprinkle with powdered sugar and lemon juice; cover, and let stand thirty minutes; drain, dip in batter, fry in deep fat, and drain on brown paper. Sprinkle with powdered sugar, and serve on a folded napkin.

Banana Fritters II

3 bananas
1 cup bread flour
2 teaspoons baking powder
1 tablespoon powdered sugar
½ teaspoon salt
¼ cup milk
1 egg
1 tablespoon lemon juice

Mix and sift dry ingredients. Beat egg until light, add milk, and combine mixtures; then add lemon juice and banana fruit forced through a sieve. Drop by spoonfuls, fry in deep fat, and drain. Serve with Lemon Sauce.

Orange Fritters

Peel two oranges and separate into sections. Make an opening in each section just large enough to admit of passage for seeds, which should be removed. Dip sections in Batter II, III, IV, or V, and fry and serve same as other fritters.

Fruit Fritters

Fresh peaches, apricots, or pears may be cut in pieces, dipped in batter, and fried same as other fritters. Canned fruits may be used, after draining from their syrup.

Cauliflower Fritters

Cold cooked cauliflower
Salt and pepper
Batter V

Sprinkle pieces of cauliflower with salt and pepper and dip in Batter I or V. Fry in deep fat, and drain on brown paper.

Fried Celery

Celery cut in three-inch pieces
Salt and pepper
Batter I, III, or V

Parboil celery until soft, drain, sprinkle with salt and pepper, dip in batter, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce.

Tomato Fritters

1 can tomatoes
6 cloves
⅛ cup sugar
3 slices onion
1 teaspoon salt
Few grains cayenne
¼ cup butter
½ cup cornstarch
1 egg

Cook first four ingredients twenty minutes, rub all through a sieve except seeds, and season with salt and pepper. Melt butter, and when bubbling, add cornstarch and tomato gradually; cook two minutes, then add egg slightly beaten. Pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, diamonds, or strips. Roll in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Cherry Fritters

2 cups scalded milk
¼ cup cornstarch
¼ cup flour
½ cup sugar
¼ teaspoon salt
¼ cup cold milk
Yolks 3 eggs
½ cup Maraschino cherries, cut in halves

Mix cornstarch, flour, sugar, and salt. Dilute with cold milk and add beaten yolks; then add gradually to scalded milk and cook fifteen minutes in double boiler. Add cherries, pour into a buttered shallow tin, and cool. Turn on a board, cut in squares, dip in flour, egg, and crumbs, fry in deep fat, and drain. Serve with Maraschino Sauce.

Maraschino Sauce

⅔ cup boiling water
⅓ cup sugar
2 tablespoons cornstarch
¼ cup Maraschino cherries, cut in halves
½ cup Maraschino syrup
½ tablespoon butter

Mix sugar and cornstarch, add gradually to boiling water, stirring constantly. Boil five minutes, and add cherries, syrup, and butter.

Pimiento and Cheese Fritters

Drain canned pimientos and dry between towels. Insert a one-third-inch slice of American Factory Cheese sprinkled with salt and cayenne. Dredge with flour and sauté in butter until cheese melts. Serve on squares of buttered toast.

Farina Cakes with Jelly

2 cups scalded milk
½ cup farina (scant)
¼ cup sugar
½ teaspoon salt
1 egg

Mix farina, sugar, and salt, add to milk, and cook in double boiler twenty minutes, stirring constantly until mixture has thickened. Add egg slightly beaten, pour into a buttered shallow pan, and brush

over with one egg slightly beaten and diluted with one tablespoon milk. Brown in a moderate oven. Cut in squares, and serve with a cube of jelly on each square.

Gnocchi à la Romana

¼ cup butter
¼ cup flour
¼ cup cornstarch
½ teaspoon salt
2 cups scalded milk
Yolks 2 eggs
¾ cup grated cheese

Melt butter, and when bubbling, add flour, cornstarch, salt, and milk, gradually. Cook three minutes, stirring constantly. Add yolks of eggs slightly beaten, and one-half cup cheese. Pour into a buttered shallow pan, and cool. Turn on a board, cut in squares, diamonds, or strips. Place on a platter, sprinkle with remaining cheese, and brown in oven.

Queen Fritters

¼ cup butter (scant)
½ cup boiling water
½ cup flour
2 eggs
Fruit preserve or marmalade

Put butter in small saucepan and pour on water. As soon as water again reaches boiling-point, add flour all at once and stir until mixture leaves sides of saucepan, cleaving to spoon. Remove from fire and add eggs unbeaten, one at a time, beating mixture thoroughly between addition of eggs. Drop by spoonfuls and fry in deep fat until well puffed and browned. Drain, make an opening, and fill with preserve or marmalade. Sprinkle with powdered sugar and serve on a folded napkin.

Chocolate Fritters with Vanilla Sauce

Make Queen Fritters, fill with Chocolate Cream Filling, and serve with Vanilla Sauce; filling to be cold and sauce warm.

Coffee Fritters, Coffee Cream Sauce

Cut stale bread in one-half inch slices, remove crusts, and cut slices in one-half inch strips. Mix three-fourths cup coffee infusion, two tablespoons sugar, one-fourth teaspoon salt, one egg slightly beaten, and one-fourth cup cream. Dip bread in mixture, crumbs, egg, and crumbs again. Fry in deep fat and drain. Serve with

Coffee Cream Sauce. Beat yolks three eggs slightly, add four tablespoons sugar and one-eighth teaspoon salt, then add gradually

one cup coffee infusion. Cook in double boiler until mixture thickens. Cool, and fold in one-third cup heavy cream beaten until stiff.

Sponge Fritters

2⅔ cups flour
⅓ cup sugar
⅓ cup scalded milk
⅓ yeast cake, dissolved in 2 tablespoons lukewarm water
⅓ cup melted butter
¼ teaspoon salt
2 eggs
Grated rind ½ lemon
Quince marmalade
Currant jelly

Make a sponge of one-half the flour, sugar, milk, and dissolved yeast cake; let rise to double its bulk. Add remaining ingredients and let rise again. Toss on a floured board, roll to one-fourth inch thickness, shape with a small biscuit cutter (first dipped in flour), cover, and let rise on board. Take each piece and hollow in centre to form a nest. In one-half the pieces put one-half teaspoon of currant jelly and quince marmalade mixed in the proportion of one part jelly to two parts marmalade. Brush with milk edges of filled pieces. Cover with unfilled pieces and press edges closely together with fingers first dipped in flour. If this is not carefully done fritters will separate during frying. Fry in deep fat, drain on brown paper, and sprinkle with powdered sugar.

Calf's Brains Fritters

Clean brains, and cook twenty minutes in boiling water, to which is added one-half teaspoon salt, one tablespoon lemon juice, three cloves, two slices onion, and one-half bay leaf. Remove from range, and let stand in water until cold; drain, dry between towels, and separate into pieces. Make a batter of one-half cup flour, one teaspoon baking powder, one-fourth teaspoon salt, a few grains pepper, one egg well beaten, and one-fourth cup milk. Add brains, and drop mixture by spoonfuls into greased muffin rings, placed in a frying pan in which there is a generous supply of hot lard. Cook on one side until well browned, turn, and cook other side. Arrange on serving dish and pour around Sauce Finiste (see p. 332).

Clam Fritters

1 pint clams
2 eggs
⅓ cup milk
1⅓ cups flour
2 teaspoons baking powder
Salt and Pepper

Clean clams, drain from their liquor, and chop. Beat eggs until light, add milk and flour mixed and sifted with baking powder, then add chopped clams, and season highly with salt and pepper. Drop by spoonfuls, and fry in deep fat. Drain on brown paper, and serve at once on a folded napkin.

Croquettes

Before making Croquettes, consult Rules for Testing Fat for Frying, page 18; Egging and Crumbing, page 20; Uses for Stale Bread, page 69; and Potato Croquettes, page 382.

Banana Croquettes

Remove skins from bananas, scrape, using a silver knife to remove the astringent principle which lies close to skin, and cut in halves crosswise; then remove a slice from each end. Dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper.

Chestnut Croquettes

1 cup mashed French chestnuts
2 tablespoons thick cream
Yolks 2 eggs
1 teaspoon sugar
¼ teaspoon vanilla

Mix ingredients in order given. Shape in balls, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Chestnut Roulettes

1 cup chestnut purée
2 eggs
Few drops onion juice
2 tablespoons butter
2 tablespoons heavy cream
¼ teaspoon salt
Few grains paprika

Mix ingredients in order given, cook two minutes, and cool. Shape a little larger than French chestnuts, dip in crumbs, egg, and crumbs again. Fry in deep fat, and drain on brown paper.

Lenten Croquettes

Soak one-half cup lentils and one-fourth cup dried lima beans over night, in cold water to cover; drain, add three pints water, one-half small onion, one stalk celery, three slices carrot, and a sprig of parsley. Cook until lentils are soft, remove seasonings, drain, and rub through a sieve. To pulp add one-half cup stale bread crumbs, one egg slightly beaten, and salt and pepper to taste. Melt one tablespoon butter, add

one tablespoon flour, and pour on gradually one-third cup hot cream; combine mixtures, and cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain on brown paper. Serve with Tomato Sauce I.

Oyster and Macaroni Croquettes

⅓ cup macaroni, broken in ½ inch pieces
1 pint oysters
1 cup White Sauce III
Few grains cayenne
Few grains mace
½ teaspoon lemon juice
¼ cup grated cheese

Cook macaroni in boiling salted water until soft, drain in a colander, and pour over macaroni two cups cold water. Clean and parboil oysters, remove tough muscles, and cut soft parts in pieces. Reserve one-half cup oyster liquor and use in making White Sauce III in place of all milk. Mix macaroni and oysters, add sauce and seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Salmon Croquettes

1¾ cups cold flaked salmon
1 cup White Sauce III
Few grains cayenne
1 teaspoon lemon juice
Salt

Add sauce to salmon, then add seasonings. Spread on a plate to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain.

Salmon Cutlets

Mix equal parts of cold flaked salmon and hot mashed potatoes. Season with salt and pepper. Shape in form of cutlets, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Arrange in a circle, having cutlets overlap one another, on a folded napkin. Garnish with parsley.

Lobster Croquettes

2 cups chopped lobster meat
½ teaspoon salt
¼ teaspoon mustard
Few grains cayenne
1 teaspoon lemon
1 cup White Sauce III

Add seasonings to lobster, then add White Sauce III. Cool, shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Cream Sauce.

Lobster Cutlets

2 cups chopped lobster meat
½ teaspoon salt
Few grains cayenne
Few gratings nutmeg
1 teaspoon lemon juice
Yolk 1 egg
1 teaspoon finely chopped parsley
1 cup White Sauce III

Mix ingredients in order given, and cool. Shape in form of cutlets, crumb, and fry same as croquettes. Make a cut at small end of each cutlet, and insert in each the tip end of a small claw. Stack around a mound of parsley. Serve with Sauce Tartare.

Beef and Rice Croquettes

1 cup chopped beef (cut from top of round)
⅓ cup rice
½ teaspoon salt
¼ teaspoon pepper
Few grains cayenne
Cabbage
Tomato Sauce

Mix beef and rice, and add salt, pepper, and cayenne. Cook cabbage leaves two minutes in boiling water to cover. In each leaf put two tablespoons mixture, and fold leaf to enclose mixture. Cook one hour in Tomato Sauce.

Tomato Sauce. Brown four tablespoons butter, add five tablespoons flour, and pour on gradually one and one-half cups each Brown Stock and stewed and strained tomatoes. Add one slice onion, one slice carrot, a bit of bay leaf, a sprig of parsley, four cloves, three-fourths teaspoon salt, one-fourth teaspoon pepper, and a few grains cayenne. Cook ten minutes, and strain.

Lamb Croquettes

1 tablespoon finely chopped onion
2 tablespoons butter
¼ cup flour
1 cup stock
1 cup cold cooked lamb, cut in small cubes
⅔ cup boiled potato cubes
Salt and pepper
1 teaspoon finely chopped parsley

Fry onion in butter five minutes, then remove onion. To butter add flour and stock, and cook two minutes. Add meat, potato, salt, and pepper. Simmer until meat and potato have absorbed sauce. Add parsley, and spread on a shallow dish to cool. Shape, dip in crumbs, egg, and crumbs again, fry in deep fat, and drain. Serve with Tomato Sauce.

Veal Croquettes

2 cups chopped cold cooked veal
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few drops onion juice
Yolk 1 egg
1 cup thick sauce made of White Soup Stock

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

Chicken Croquettes I

1¾ cups chopped cold cooked fowl
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
1 teaspoon lemon juice
Few drops onion juice
1 teaspoon finely chopped parsley
1 cup White Sauce III

Mix ingredients in order given. Cool, shape, crumb, and fry same as other croquettes.

White meat of fowl absorbs more sauce than dark meat. This must be remembered if dark meat alone is used. Croquette mixtures should always be as soft as can be conveniently handled, when croquettes will be soft and creamy inside.

Chicken Croquettes II

Clean and dress a four-pound fowl. Put into a kettle with six cups boiling water, seven slices carrot, two slices turnip, one small onion, one stalk celery, one bay leaf, and three sprigs thyme. Cook slowly until fowl is tender. Remove fowl; strain liquor, cool, and skim off fat. Make a thick sauce, using one-fourth cup butter, one-half cup flour, one cup chicken stock, and one-third cup cream. Remove meat from chicken, chop, and moisten with sauce. Season with salt, cayenne, and slight grating of nutmeg; then add one beaten egg, cool, shape, crumb, and fry same as other croquettes. Arrange around a mound of green peas, and serve with Cream Sauce or Wine Jelly.

Chicken and Mushroom Croquettes

Make as Chicken Croquettes I, using one and one-third cups chicken meat and two-thirds cup chopped mushrooms.

Maryland Croquettes

Season one cup chopped cold cooked fowl with salt, celery salt, cayenne, lemon juice, and onion juice; moisten with sauce, and cool.

Parboil one pint selected oysters, drain, and cover each oyster with chicken mixture. Dip in crumbs, egg, and crumbs; fry in deep fat, and drain.

Sauce. Melt one and one-half tablespoons butter, add three tablespoons flour, and gradually one-third cup oyster liquor and two tablespoons cream. Season with salt and cayenne.

Lincoln Croquettes

Mix one cup each bread crumbs, walnut meats cut in pieces, and cold cooked chicken cut in cubes. Moisten with a sauce made by melting one and one-half tablespoons butter, adding one and one-half tablespoons flour, and pouring on gradually, while stirring constantly, one-half cup chicken stock. Season with salt, celery salt, paprika, and nutmeg. Shape in balls, dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Serve with a sauce made of one-half chicken stock and one-half cream and flavored with Sherry wine.

Chicken Croquettes, Macedoine

3 tablespoons butter
1 shallot, finely chopped
¼ cup flour
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon pepper
Few gratings nutmeg
Yolks 3 eggs
1 cup cold cooked chicken, cut in dice
½ cup boiled ham, cut in dice
¼ cup mushrooms, cut in small pieces
1 cup chicken stock

Melt butter, add shallot, and cook three minutes, stirring constantly. Add flour, mixed with seasonings, and stir until well blended; then pour on gradually, while stirring constantly, chicken stock. Bring to the boiling-point, and add remaining ingredients, cook five minutes, and spread on a plate to cool. Shape, roll in flour, eggs and crumbs, fry in deep fat, and drain on brown paper. Mound in centre of heated flat dish and surround with hot seasoned vegetables, including peas, small carrot cubes, and cauliflower flowerets. Garnish with parsley.

Cutlets of Sweetbreads à la Victoria

2 pairs parboiled sweetbreads
2 teaspoons lemon juice
½ teaspoon salt
⅛ teaspoon pepper
Slight grating nutmeg
1 teaspoon finely chopped parsley
1 egg
1 cup White Sauce III

Chop the sweetbreads, of which there should be two cups; if not enough, add chopped mushrooms to make two cups, then season. Add egg, slightly beaten, to sauce, and combine mixtures. Cool, shape, crumb, and fry. Make a cut in small end of each cutlet, and insert in each a piece of cold boiled macaroni one and one-half inches long. Serve with Allemande Sauce.

Epigrams of Sweetbreads

Parboil a sweetbread, drain, place in a small mould, cover, and press with a weight. Cut in one-half inch slices, and spread with the following mixture: Fry one-third teaspoon finely chopped shallot in one and one-half tablespoons butter three minutes, add three tablespoons chopped mushrooms, and cook three minutes; then add two and one-half tablespoons flour, one-half cup stock, two tablespoons cream, one egg yolk, and salt and pepper to taste. Cool, dip in crumbs, egg, and crumbs, fry in deep fat, and drain.

Epicurean Fish Cutlets

1¾ cups flaked cooked haddock
½ tablespoon shallot, finely chopped
2 tablespoons red pepper, finely chopped
3 tablespoons butter
⅓ cup flour
¾ teaspoon salt
¼ teaspoon paprika
½ cup milk
½ cup cream

Cook shallot and red pepper with butter five minutes, stirring constantly. Add flour mixed with salt and paprika and stir until well blended; then pour on gradually, while stirring constantly, milk and cream. Bring to the boiling-point, add fish, and spread on a plate to cool.

Shape, dip in crumbs, egg, and crumbs, fry in deep fat and drain on brown paper. Arrange on a serving dish, garnish with sprigs of parsley, and serve with or without

Epicurean Sauce. Mix one tablespoon tarragon vinegar, two tablespoons grated horseradish root, one teaspoon English mustard, one-half teaspoon salt, and a few grains cayenne; then add one-half cup whipped cream and three tablespoons Mayonnaise Dressing.

Swedish Timbales

¾ cup flour
½ teaspoon salt
1 teaspoon sugar
½ cup milk
1 egg or 2 egg yolks
1 tablespoon olive oil

Mix dry ingredients, add milk gradually, and egg slightly beaten; then add olive oil. Let stand over night if possible, thus preventing bubbles. Shape, using a hot timbale iron, fry in deep fat until crisp and brown; take from iron and invert on brown paper to drain.

To Heat Timbale Iron. Heat fat until nearly hot enough to fry uncooked mixtures. Put iron into hot fat, having fat deep enough to more than cover it, and let stand until heated. The only way of knowing when iron is of right temperature is to take it from fat, shake what fat may drip from it, lower in batter to three-fourths its depth, raise from batter, then immerse in hot fat. If batter does not cling to iron, or drops from iron as soon as immersed in fat, it is either too hot or not sufficiently heated.

To Form Timbales. Turn timbale batter into a cup. Lower hot iron into cup, taking care that batter covers iron to only three-fourths its depth. When immersed in fat, mixture will rise to top of iron, and when crisp and brown may be easily slipped off. If too much batter is used, in cooking it will rise over top of iron, and in order to remove timbale it must be cut around with a sharp knife close to top of iron. If the cases are soft rather than crisp, batter is too thick and must be diluted with milk.

Fill cases with Creamed Oysters, Chicken, Sweetbreads, or Chicken and Sweetbreads in combination with Mushrooms.

Bunuelos

Use recipe for and fry same as Swedish Timbales, using a Bunuelos iron. Serve with cooked fruit and with or without whipped cream sweetened and flavored.

Strawberry Baskets

Fry Swedish Timbales, making cases one inch deep. Fill with selected strawberries, sprinkled with powdered sugar. Serve as a first course at a ladies' luncheon.

Rice Timbales

Pack hot boiled rice in slightly buttered small tin moulds. Let stand in hot water ten minutes. Use as a garnish for curried meat, fricassee, or boiled fowl.

Macaroni Timbales

Line slightly buttered Dario moulds with boiled macaroni. Cut strips the length of height of mould, and place closely together around

inside of mould. Fill with Chicken, or Salmon Force-meat. Put in a pan, half surround with hot water, cover with buttered paper, and bake thirty minutes in a moderate oven. Serve with Lobster, Béchamel, or Hollandaise Sauce I.

Spaghetti Timbales

Line bottom and sides of slightly buttered Dario moulds with long strips of boiled spaghetti coiled around the inside. Fill and bake same as Macaroni Timbales.

Pimiento Timbales

Line small timbale moulds with canned pimientos. Fill with Chicken Timbale II mixture (see p. 445), and bake until firm. Remove from moulds, insert a sprig of parsley in top of each, and serve with

Brown Mushroom Sauce

3 tablespoons butter
Few drops onion juice
4 tablespoons flour
1 cup cream
½ lb. mushrooms
1 teaspoon beef extract
Salt
Paprika

Melt butter, add onion juice, and cook until slightly browned; then add flour and continue the browning. Pour on, gradually, while stirring constantly, the cream. Clean mushrooms, peel caps, cut in slices lengthwise, and sauté in butter five minutes. Break stems in pieces, cover with cold water, and cook slowly until liquor is reduced to one-third cup; then strain. Dissolve beef extract in mushroom liquor. Add to sauce, and season with salt and paprika. Just before serving, add sautéed caps.

Halibut Timbales I

1 lb. halibut
⅓ cup thick cream
¾ teaspoon salt
Few grains cayenne
1½ teaspoons lemon juice
Whites 3 eggs

Cook halibut in boiling salted water, drain, and rub through a sieve. Season with salt, cayenne, and lemon juice; add cream beaten until stiff, then beaten whites of eggs. Turn into small, slightly buttered moulds, put in a pan, half surround with hot water, cover with buttered paper, and bake twenty minutes in a moderate oven. Remove from moulds, arrange on a serving dish, pour around Béchamel Sauce or Lobster Sauce II, and garnish with parsley.

Halibut Timbales II

1 lb. halibut
⅔ cup milk
Yolk 1 egg
1¼ teaspoons salt
¼ teaspoon pepper
Few grains cayenne
⅔ teaspoon cornstarch
⅓ cup thick cream

Force fish twice through a meat chopper, then rub through a sieve. Add yolk of egg, seasonings, cornstarch, milk, gradually, and cream beaten until stiff. Cook same as Halibut Timbales I and serve with Cream or Lobster Sauce.

Lobster Timbales I

Sprinkle slightly buttered Dario or timbale moulds with lobster coral rubbed through a strainer. Line moulds with Fish Force-meat I, fill centres with Creamed Lobster, and cover with force-meat. Put in a pan, half surround with hot water, place over moulds buttered paper, and bake twenty minutes in a moderate oven. Serve with Lobster or Béchamel Sauce.

Lobster Timbales II

2 lb. live lobster
¼ cup stale bread crumbs
½ cup cream
2 eggs
Sherry wine
Salt and pepper

Split lobster, remove intestinal vein, liver, and stomach. Crack claw shells with mallet, then remove all meat, scraping as close to shell as possible to obtain the color desired. Force meat through a sieve, add bread crumbs, cream, eggs slightly beaten, and salt, pepper, and Sherry wine to taste. Fill small timbale moulds two-thirds full, place in iron frying pan, and pour in boiling water to two-thirds the depths of the moulds. Place over moulds buttered paper and cook on the range until firm, keeping water below the boiling-point. Remove from moulds and serve with Hot Mayonnaise (see p. 331).

Lobster Cream I

2 lb. lobster
½ cup soft stale bread crumbs
½ cup milk
¼ cup cream
2 teaspoons Anchovy sauce
½ teaspoon salt
Few grains cayenne
Whites 3 eggs

Remove lobster meat from shell and chop finely. Cook bread and milk ten minutes. Add cream, seasonings, and whites of eggs beaten until stiff. Turn into one slightly buttered timbale mould and two

slightly buttered Dario moulds. Bake as Lobster Timbales. Remove to serving dish, having larger mould in centre, smaller moulds one at either end. Pour around Lobster Sauce I, sprinkle with coral rubbed through a sieve, and garnish with pieces of lobster shell from tail, and parsley.

Lobster Cream II

1 cup chopped lobster meat
1 tablespoon butter
1 tablespoon flour
1 teaspoon salt
⅛ teaspoon paprika
Few drops onion juice
2 egg yolks
⅓ cup milk
⅓ cup cream
White one egg, beaten stiff

Cook lobster meat with butter five minutes. Add flour, seasonings, egg yolks, milk, cream beaten until stiff, and white of egg. Fill buttered timbale moulds three-fourths full, set in pan of hot water, cover with buttered paper, and bake until firm. Serve with Lobster Sauce.

Chicken Timbales I

Garnish slightly buttered Dario moulds with chopped truffles or slices of truffles cut in fancy shapes. Line with Chicken Force-meat I, fill centres with Creamed Chicken and Mushrooms, to which has been added a few chopped truffles. Cover with force-meat, and bake same as Lobster Timbales. Serve with Béchamel or Yellow Béchamel Sauce.

Chicken Timbales II

2 tablespoons butter
¼ cup stale bread crumbs
⅔ cup milk
1 cup chopped cooked chicken
Pepper
½ tablespoon chopped parsley
2 eggs
Salt

Melt butter, add bread crumbs, and milk, and cook five minutes, stirring constantly. Add chicken, parsley, and eggs slightly beaten. Season with salt and pepper. Turn into buttered individual moulds, having moulds two-thirds full set in pan of hot water, cover with buttered paper, and bake twenty minutes. Serve with Béchamel Sauce.

Chicken Timbales III

Soak one-half tablespoon granulated gelatine in one and one-half tablespoons cold water, and dissolve in three-fourths cup chicken stock. Add one cup chopped cooked chicken, and stir until the mix-

ture begins to thicken, then add one cup cream beaten until thick Add one tablespoon Sherry wine and a few grains cayenne. Mould, chill, and serve on lettuce leaves.

Ham Timbales I

Make and bake same as Chicken Timbales II, using chopped cooked ham in place of chicken. Serve with Béchamel Sauce.

Ham Timbales II

1 cup stale bread crumbs
1 cup milk
4 tablespoons butter
1 cup chopped cooked ham
½ teaspoon salt
⅛ teaspoon pepper
Whites 2 eggs
2 hard-boiled eggs

Cook bread crumbs and milk until of the consistency of a smooth paste. Add butter, ham, salt, and pepper; then cut and fold in whites of eggs, beaten until stiff. Fill buttered individual moulds two-thirds full of mixture. Set in pan of hot water, cover with buttered paper, and bake in a moderate oven until firm, the time required being about twenty minutes. Turn on a hot serving dish and garnish with slices of hard-boiled eggs and sprigs of parsley.

Veal Timbales

1½ cups cold cooked veal
Yolks 3 eggs
½ cup heavy cream
⅓ cup white wine
½ teaspoon salt
Few grains paprika
Whites 3 eggs
1 cup White Sauce II
1½ tablespoons chopped truffle

Force remnants of veal through a meat chopper; repeat. Pound in a mortar, adding gradually the yolks of eggs, slightly beaten; then add cream, wine, seasonings, and cut and fold in whites of eggs beaten until stiff.

Butter individual timbale moulds and fill one-fourth full of white sauce, to which truffles have been added; then fill with veal mixture. Set moulds in pan of hot water, cover with buttered paper, and bake until firm. Remove from moulds to hot serving dish, when sauce will run down sides of timbales.

Chicken Réchauffé

Make same as Veal Timbales, using chicken in place of veal, and chopped red or green pepper in place of truffles.

Chicken and Mushroom Timbales

Garnish bottom of buttered timbale moulds with thin slices of truffle, cut in fancy shapes. Line moulds with Chicken Force-meat II. Fill centres with creamed mushrooms and cover with force-meat. Set in pan of hot water, cover with buttered paper, and bake until firm. Remove to serving dish, pour around one cup cream sauce, to which has been added one tablespoon Madeira wine, and garnish with sprigs of parsley.

Chicken and Liver Timbales

1 cup chopped cooked chicken
½ cup chopped cooked chicken livers
Yolks 3 eggs
3 tablespoons White Stock
1 teaspoon salt
¼ teaspoon paprika
⅛ teaspoon salt
½ cup heavy cream
Whites 3 eggs

Mix chicken and livers and pound in a mortar, adding gradually yolks of eggs slightly beaten, and white wine. When thoroughly blended, add seasonings, heavy cream, beaten until stiff, and whites of eggs, beaten until stiff. Turn into buttered timbale moulds, set in pan of hot water, cover with buttered paper, and bake until firm.

Remove from moulds and arrange around Creamed Mushrooms (see p. 368).

Traymore Timbales

Cut a slice from the stem end of parboiled green peppers and remove seeds; then cut in thin strips, by working around and around the pepper, using the scissors. Line the sides of buttered timbale moulds with the pepper, by coiling it around and around, and fill with the following mixture: Peel and chop mushroom caps; there should be one-fourth cup. Add one tablespoon butter and one tablespoon flour, and stir until well blended; then pour on gradually one-fourth cup cream. Bring to the boiling-point, beat in the yolks of two eggs, one at a time, and fold in the whites of two eggs, beaten until stiff. Season with one-half teaspoon salt, one-eighth teaspoon pepper, and a few grains paprika. Place timbales in pan of hot water, cover with buttered paper, and bake until firm. Remove to serving dish on circular pieces of sautéed bread, garnish top of each with a sautéed mushroom cap and pour around

Traymore Sauce. Melt two tablespoons butter, add two tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one-half cup, each, chicken stock and cream.

Bring to the boiling-point and add one-half teaspoon beef extract, one-half teaspoon salt, and a few grains pepper.

Sweetbread and Mushroom Timbales

Cook two tablespoons butter with one sliced onion five minutes. Add one and one-half cups mushroom caps finely chopped, and one small parboiled sweetbread, finely chopped; then add one cup White Sauce II, one-fourth cup stale bread crumbs, one red pepper chopped, one-half teaspoon salt, yolks two eggs, well beaten, and whites two eggs, beaten until stiff. Fill buttered timbale moulds, set in pan of hot water, cover with buttered paper, and bake fifteen minutes. Remove to serving dish and pour around

Mushroom Sauce. Clean five large mushroom caps, cut in halves crosswise, then in slices. Sauté in three tablespoons butter five minutes; dredge with two tablespoons flour, add one-third cup cream, and one cup chicken stock, and cook two minutes. Season with salt and paprika, and add one chopped truffle.

Sweetbread Mousse

Parboil a sweetbread ten minutes, chop, and rub through sieve; there should be one-half cup. Mix with one-third cup breast meat of a raw chicken, and rub through sieve. Pound in mortar, add gradually white of one egg, and work until smooth, then add three-fourths cup heavy cream. Line buttered timbale moulds with mixture, fill centres, cover with mixture, place in a pan of hot water, cover with buttered paper, and bake until firm. Remove to serving dish, and pour around sauce.

Filling. Melt one tablespoon butter, add one tablespoon cornstarch, and pour on gradually one-fourth cup White Stock; then add one-third cup parboiled sweetbread cut in cubes, one tablespoon Sherry wine, and salt and pepper to taste.

Sauce. Melt three tablespoons butter, add three tablespoons flour, and pour on one cup rich chicken stock and one-half cup heavy cream. Season with one tablespoon Sherry wine, one-fourth teaspoon beef extract, and salt and pepper to taste.

Suprême of Chicken

Breast and second joints of uncooked chicken weighing 4 lbs.
4 eggs
1⅓ cups thick cream
Salt and pepper

Force chicken through a meat chopper, or chop very finely. Beat eggs separately, add one at a time, stirring until mixture is smooth. Add cream, and season with salt and pepper. Turn into slightly buttered Dario moulds, and bake same as Lobster Timbales, allowing thirty minutes for baking. Serve with Suprême or Béchamel Sauce.

Halibut à la Rarebit

Sprinkle two small slices halibut with salt, pepper, and lemon juice; then brush over with melted butter, place in dripping pan on greased fish-sheet, and bake twelve minutes. Remove to hot platter for serving, and pour over it a Welsh Rarebit.

Stuffed Turbans of Flounder

2 large flounders
¾ cup chopped mushroom stems
Few drops onion juice
3 tablespoons butter
4½ tablespoons flour
½ cup cream
12 chopped bearded oysters, or ½ cup crab meat
½ teaspoon salt
⅛ teaspoon pepper
Few grains cayenne
Few grains mace

Wipe, skin, and cut flounders into eight fillets. Trim and coil around inside of buttered muffin rings, placed in a buttered pan. Cook mushroom caps and onion juice with butter one minute. Add flour and stir until well blended; then pour on gradually, while stirring constantly, cream. Bring to the boiling-point and add oysters and seasonings. Fill muffin rings with mixture, cover with buttered paper, and bake fifteen minutes. Sprinkle with buttered bread crumbs and continue baking until crumbs are brown.

Hampden Halibut en Coquilles

½ cup cold flaked halibut
3 tablespoons butter
1½ tablespoons flour
1½ tablespoons cornstarch
⅓ cup fish stock
⅓ cup mushroom liquor
⅓ cup cream
Yolks 2 eggs
½ teaspoon salt
⅛ teaspoon paprika
Few grains cayenne
⅓ cup canned mushrooms
Whites 2 eggs
¼ cup grated cheese
⅛ teaspoon paprika
Few grains salt

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, fish stock, mushroom liquor, and cream. Bring to the boiling-point and add egg yolks, slightly beaten,

salt, pepper, and paprika; then add flaked fish and mushrooms cut in thin slices. Fill buttered shells with mixture, cover with whites of eggs, beaten until stiff, mixed with cheese and seasoned with paprika and salt. Sprinkle with more cheese and bake until well browned.

Halibut Marguerites

Line a buttered tablespoon with Fish Force-meat II. Fill with Creamed Lobster, cover with force-meat, and garnish with force-meat, forced through a pastry bag and tube, in the form of a marguerite, having the centre colored yellow. Slip from spoon into boiling water, and cook eight minutes. Serve with Béchamel or Lobster Sauce.

Cromesquis à la Russe

Melt two tablespoons butter, add two tablespoons flour, and pour on gradually one-half cup milk; then add one-half cup finnan haddie which has been parboiled, drained, and separated into small pieces. Season with cayenne, and spread on a plate to cool. Cut French pancakes in pieces two by four inches. On lower halves of pieces put one tablespoon mixture. Brush edges with beaten egg, fold over upper halves, press edges firmly together, dip in crumbs, egg, and crumbs, fry in deep fat, and drain. Serve garnished with parsley.

French Pancakes. To one-fourth cup bread flour add one-third cup milk, one egg, and one-fourth teaspoon salt; beat thoroughly. Heat an omelet pan, butter generously, cover bottom of pan with mixture, cook until browned on one side, turn, and cook on other side.

Shad Roe with Celery

Clean a shad roe, cook in boiling, salted, acidulated water twenty minutes, and drain. Plunge into cold water, drain, remove membrane, and separate roe into pieces. Melt three tablespoons butter, add roe, and cook ten minutes; then add one tablespoon butter, one-half cup chopped celery, few drops each onion and lemon juice, and salt and pepper. Serve on pieces of toasted bread.

Huntington Halibut, Sauce Verte

Wipe a slice of halibut, weighing about one pound, with a piece of cheesecloth wrung out of cold water. Free from skin and bones and force through a meat chopper; there should be one and three-fourths cups. Put in mortar and add whites two eggs gradually, while working constantly until mixture is smooth, then add one and one-fourth

cups heavy cream and salt, pepper, and cayenne to taste. Rub through a sieve, line buttered individual moulds with mixture and nearly fill spaces with creamed shrimps or crab meat and cover with force-meat. Set in pan of hot water, cover with buttered paper, and bake until firm. Remove to hot serving dish and pour around Sauce Verte (see p. 333).

Salmon Soufflé, Spanish Sauce

1 can salmon
¼ teaspoon salt
⅛ teaspoon paprika
2 teaspoons lemon juice
½ cup soft bread crumbs
½ cup milk
Yolks 3 eggs
Whites 3 eggs

Thoroughly rinse salmon, remove bones and skin, separate into flakes, and add seasonings. Cook bread crumbs in milk five minutes, add salmon and the egg yolks beaten until thick and lemon-colored; then cut and fold in whites of eggs, beaten until stiff and dry. Turn into a buttered dish, set in a pan of hot water, and bake in a moderate oven until firm. Serve with Spanish Sauce (see p. 319).

Salmon Mayonnaise

3 slices salmon
Cold water
½ bay leaf
2 cloves
2 slices lemon
1 small sliced onion
6 slices carrot
1 sprig parsley
1 teaspoon salt
¼ teaspoon pepper
¼ cup vinegar
¼ cup white wine
1 cup Mayonnaise Dressing
1 teaspoon granulated gelatine
½ tablespoon cold water

Wipe salmon cut in two-inch slices (each weighing two-thirds pound), put in a pan, cover with cold water and add seasonings. Let stand two or three hours; then cook slowly on top of range until fish is tender. Take from pan, remove skin and bones, and press, using the hands, to keep in shape. Cool and cover with one cup Mayonnaise Dressing, to which has been added one-half teaspoon granulated gelatine soaked in one teaspoon cold water.

Grilled Sardines

Drain twelve sardines and cook in an omelet pan until heated, turning frequently. Place on small oblong pieces of dry toast, and serve with Maître d'Hôtel, or Lemon, Butter.

Sardines with Anchovy Sauce

Drain twelve sardines and cook in an omelet pan until heated, turning frequently. Remove from omelet pan. Make one cup Brown Sauce with one and one-half tablespoons sardine oil, two tablespoons flour, and one cup Brown Stock. Season with Anchovy sauce. Reheat sardines in sauce. Serve with Brown Bread Sandwiches, having a slice of cucumber marinated with French Dressing between slices of bread.

Creamed Sardines

Drain from oil one small box sardines, remove backbones from fish, then mash. Melt one-fourth cup butter, add one-fourth cup soft stale bread crumbs, and one cup cream. When thoroughly heated add two hard-boiled eggs finely chopped, and sardines, salt, pepper, and paprika to taste. Serve on pieces of toasted bread.

Sardines Fried in Batter

Drain fish and pour over boiling water to free from oil, then remove skins. Dip in Batter III, fry in deep fat, and drain on brown paper. Serve with Hot Tartare Sauce.

Devilled Oysters

1 pint oysters
¼ cup butter
¼ cup flour
⅔ cup milk
Yolk 1 egg
½ tablespoon finely chopped parsley
½ teaspoon salt
Few grains cayenne
1 teaspoon lemon juice
Buttered cracker crumbs

Clean, drain, and slightly chop oysters. Make a sauce of butter, flour, and milk; add egg yolk, seasonings, and oysters. Arrange buttered scallop shells in a dripping pan, half fill with mixture, cover with buttered crumbs, and bake twelve to fifteen minutes in a hot oven. Deep oyster shells may be used in place of scallop shells.

Fried Oyster Crabs

Wash and drain crabs. Roll in flour, and shake in a sieve to remove superfluous flour. Fry in a basket in deep fat, having fat same temperature as for cooked mixtures. Drain, and place on a napkin, and garnish with parsley and slices of lemon. Serve with Sauce Tyrolienne.

Oyster Crabs, Béarnaise

Wash and pick over one pint oyster crabs. Put in saucepan, place on range, and add one-half cup Sherry wine, one tablespoon butter, one-half teaspoon salt, and one-fourth teaspoon paprika. Light Sherry and let burn two minutes. Turn on serving dish, pour over Sauce Béarnaise II (see p. 328) and garnish with puff-paste points.

Bouchées of Oyster Crabs

Pick over oyster crabs, dip in flour, cold milk, and crumbs, fry in deep fat, and drain on brown paper. Fill bouchée cases with crabs.

Crab Meat, Indienne

2 tablespoons butter
1 teaspoon finely chopped onion
3 tablespoons flour
⅔ tablespoon curry powder
1 cup chicken stock
1 cup crab meat
Salt

Cook butter with onion three minutes, add flour mixed with curry powder and chicken stock. When boiling-point is reached add crab meat and season with salt.

Devilled Crabs

1 cup chopped crab meat
¼ cup mushrooms, finely chopped
2 tablespoons butter
2 tablespoons flour
⅔ cup White Stock
Yolks 2 eggs
2 tablespoons Sherry wine
1 teaspoon finely chopped parsley
Salt and pepper

Make a sauce of butter, flour, and stock; add yolks of eggs, seasonings (except parsley), crab meat, and mushrooms. Cook three minutes, add parsley, and cool mixture. Wash and trim crab shells, fill rounding with mixture, sprinkle with stale bread crumbs mixed with a small quantity of melted butter. Crease on top with a case knife, having three lines parallel with each other across shell and three short lines branching from outside parallel lines. Bake until crumbs are brown.

Crab Meat Urzini

3 tablespoons butter
3 tablespoons flour
¾ cup milk
⅛ cup cream
¾ teaspoon salt
½ pound crab meat
¼ pound mushroom caps
1 canned pimiento

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, milk and cream. Bring to the boiling-point, season with salt and add crab meat, mushroom caps (sliced and sautéed in butter), and pimiento (cut in long, thin strips). Use as a filling for patties, vol-au-vent, or Swedish timbales.

Crab Meat Mornay

4½ tablespoons butter
3 tablespoons flour
2½ tablespoons cornstarch
¾ teaspoon salt
¾ cup chicken stock
¾ cup milk
Yolks 2 eggs
1¼ cups crab meat
½ cup grated Young American Cheese

Melt butter, add flour, cornstarch, and salt, and stir until well blended; then pour on gradually, while stirring constantly, chicken stock; bring to the boiling-point and let boil three minutes. Add milk gradually, again bring to the boiling-point and add egg yolks, slightly beaten. Butter eight individual casseroles, cover bottoms with crab meat, cover meat with sauce, and sprinkle with cheese. Run under gas flame to melt cheese, and brown.

Crabs Ravigôte

1 pound fresh crab meat
1 teaspoon salt
⅛ teaspoon cayenne
1 teaspoon made mustard
1 tablespoon olive oil
½ teaspoon finely chopped parsley
1 hard-boiled egg, finely chopped
3 tablespoons vinegar

Season crab meat with remaining ingredients, mix thoroughly, and arrange in six scallop shells, spread evenly with Ravigôte Mayonnaise and garnish with fillets of anchovies, arranged lattice fashion.

Crab Meat, Terrapin Style

1 cup crab meat
2 tablespoons butter
½ small onion, thinly sliced
2 tablespoons Sherry wine
⅓ cup heavy cream
Yolks 2 eggs
Salt and cayenne

Cook butter and onion until yellow; remove onion, add crab meat and wine. Cook three minutes, add cream, yolks of eggs, salt, and cayenne.

Mock Crabs

4 tablespoons butter
½ cup flour
1½ teaspoons salt
¾ teaspoon mustard
¼ teaspoon paprika
1½ cups scalded milk
1 can corn, chopped, or Kornlet
1 egg
3 teaspoons Worcestershire Sauce
1 cup buttered cracker crumbs

Melt butter, add flour mixed with dry seasonings, and pour on gradually the milk. Add corn or Kornlet, egg slightly beaten, and Worcestershire Sauce. Pour into a buttered baking dish, cover with crumbs, and bake until crumbs are brown.

Devilled Scallops

1 quart scallops
⅓ cup butter
⅓ teaspoon made mustard
1 teaspoon salt
Few grains cayenne
⅔ cup buttered cracker crumbs

Clean scallops, drain, and heat to the boiling-point; drain again, and reserve liquor. Cream the butter, add mustard, salt, cayenne, two-thirds cup reserved liquor, and scallops chopped. Let stand one-half hour. Put in a baking dish, cover with crumbs, and bake twenty minutes.

Scallops en Brochette

Clean scallops, put in saucepan and cook until they begin to shrivel. Drain and dry on a towel. Alternate scallops and pieces of thinly sliced bacon on skewers, allowing four scallops and five pieces bacon to each skewer. Balance skewers in upright position by putting through cubes of bread placed on rack in dripping pan and bake in a hot oven until bacon is crisp. Arrange on serving dish and garnish with lemon and parsley.

Shrimps, Louisiana Style

2 tablespoons butter
1 teaspoon chopped onion
⅔ cup canned shrimps = 1 small can
⅔ cup hot boiled rice
⅔ cup heavy cream
½ teaspoon salt
¼ teaspoon celery salt
Few grains cayenne
3 tablespoons tomato sauce

Cook butter with onion five minutes, stirring constantly. Add shrimps, broken in pieces, rice, and heavy cream. When thoroughly

heated, add salt, celery salt, cayenne, and tomato sauce. Turn on a hot serving dish and garnish with puff-paste crescents or toast points and parsley.

Stuffed Clams

Cover bottom of dripping pan with rock salt. Arrange two quarts large-sized soft-shelled clams on salt, in such a manner that liquor will not run into pan as clam shells open. As soon as shells begin to open, remove clams from shells, and chop. Reserve liquor, strain, and use in making a thick sauce (follow directions for White Sauce III for Croquettes, p. 318), making one-half rule, and using one-fourth cup each clam liquor and cream. Season highly with lemon juice and cayenne. Moisten clams with sauce, fill shells, sprinkle with grated cheese, cover with buttered soft stale bread crumbs, and bake in a hot oven until crumbs are brown.

Lobster Boats

2 tablespoons butter
1 tablespoon chopped onion
⅔ cup hot boiled rice
1½ cups lobster dice
¼ cup Tomato Sauce
Few grains soda
Salt
Celery salt
Cayenne
½ cup heavy cream

Cook butter with onion five minutes, stirring constantly. Add lobster, rice, and cream. When heated, add Tomato Sauce (to which soda has been added) and season highly with salt, celery salt, and cayenne.

Fill pastry boats with mixture, garnish with tail pieces and tips of lobster claws, and pour around Tomato Sauce. Insert sails made of rice paper and small wooden skewers, covering skewers with thin white cardboard (which will keep in place if simply folded over).

Lobster à la Delmonico

2 lb. lobster
¼ cup butter
¾ tablespoon flour
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 cup cream
Yolks 2 eggs
2 tablespoons Sherry wine

Remove lobster meat from shell and cut in small cubes. Melt butter, add flour, seasonings, and cream gradually. Add lobster, and when heated, add egg yolks and wine.

Lobster à la Newburg

2 lb. lobster
¼ cup butter
½ teaspoon salt
Few grains cayenne
Slight grating nutmeg
1 tablespoon Sherry
1 tablespoon brandy
⅓ cup cream
Yolks 2 eggs

Remove lobster meat from shell and cut in slices. Melt butter, add lobster, and cook three minutes. Add seasonings and wine, cook one minute, then add cream and yolks of eggs slightly beaten. Stir until thickened. Serve with toast or Puff Paste Points.

Clams à la Newburg

1 pint clams
3 tablespoons butter
½ teaspoon salt
Few grains cayenne
3 tablespoons Sherry or Madeira wine
½ cup cream
Yolks 3 eggs

Clean clams, remove soft parts, and finely chop hard parts. Melt butter, add chopped clams, seasonings, and wine. Cook eight minutes, add soft part of clams, and cream. Cook two minutes, then add egg yolks slightly beaten, diluted with some of the hot sauce.

Shrimps à la Newburg

1 pint shrimps
3 tablespoons butter
½ teaspoon salt
Few grains cayenne
1 teaspoon lemon juice
1 teaspoon flour
½ cup cream
Yolks 2 eggs
2 tablespoons Sherry wine

Clean shrimps and cook three minutes in two tablespoons butter. Add salt, cayenne, and lemon juice, and cook one minute. Remove shrimps, and put remaining butter in chafing-dish, add flour and cream; when thickened, add yolks of eggs slightly beaten, shrimps, and wine. Serve with toast or Puff Paste Points.

Scallops à la Newburg

1 pint scallops
3 tablespoons butter
½ teaspoon salt
Few grains cayenne
1 teaspoon lemon juice
1 teaspoon flour
½ cup cream
2 egg yolks
2 tablespoons Sherry wine

Put scallops in omelet pan and cook until they begin to shrivel; drain thoroughly, cut in halves, and cook in two tablespoons butter three minutes. Add salt, cayenne, and lemon juice and cook one minute.

Melt remaining butter, add flour, and stir until blended; then pour on gradually, while stirring constantly, cream. Bring to the boiling-point and add egg yolks, slightly beaten, scallops, and wine.

Martin's Specialty

½ tablespoon onion (finely chopped)
2 tablespoons butter
1 cup chopped cooked chicken or veal
1 cup soft bread crumbs
Stock
1 egg yolk
Salt and pepper
Lettuce

Cook onion in butter three minutes. Add meat and bread crumbs, moisten with stock, and add egg yolk and seasonings. Wrap in lettuce leaves, allowing two tablespoons mixture to each portion. Tie in cheesecloth and steam. Remove to serving dish and pour around Tomato Sauce.

Sweetbread Ramequins

Clean and parboil a sweetbread and cut in cubes. Melt two tablespoons butter, add three tablespoons flour, and pour on gradually one cup chicken stock. Reheat sweetbread in sauce and add one-fourth cup heavy cream and one and one-half teaspoons beef extract. Season with salt, paprika, and lemon juice. Fill ramequin dishes, cover with buttered crumbs, and bake until crumbs are brown.

Sweetbread à la Mont Vert

Parboil a pair of sweetbreads, and gash. Decorate in gashes with truffles cut in thin slices, and slice in fancy shapes. Melt three tablespoons butter, add two slices onion, six slices carrot, and sweetbreads; fry five minutes. Pour off butter, and add one-fourth cup, each, Brown Stock and White Stock, cover with buttered paper, and bake fifteen minutes in a hot oven. Serve with Suprême or Béchamel Sauce.

Chicken Cutlets

Remove fillets from two chickens; for directions, see page 293. Dip each in thick cream, roll in flour, and sauté in lard three minutes. Place in a pan, dot over with butter, and bake ten minutes. Serve with White Sauce I, to which is added one tablespoon meat extract.

Russian Cutlets

Cover bottom of cutlet moulds with Russian Pilaf and cover Pilaf with Chicken Force-meat II (see p. 178), doubling the recipe and omitting nutmeg. Set moulds in pan of hot water, cover with buttered paper, and bake in a moderate oven fifteen minutes. Remove from moulds to serving dish, surround with Brown Mushroom Sauce, and garnish with parsley.

Russian Pilaf. Wash one-half cup rice. Mix one cup highly seasoned chicken stock with three-fourths cup stewed and strained tomato, and heat to boiling-point. Add rice, and steam until rice is soft. Add two tablespoons butter, stirring lightly with a fork that kernels may not be broken, and season with salt.

Brown Mushroom Sauce

3 tablespoons butter
1 slice carrot
1 slice onion
5 tablespoons flour
Salt
1¼ cups brown stock
½ lb. mushrooms
1 cup cold water
1 teaspoon beef extract
Pepper

Cook butter with vegetables and ham until brown, add flour, and when well browned add stock, gradually, then strain. Clean mushroom stems, break in pieces, cover with water, and cook slowly until stock is reduced to one-third cup. Strain, and add to sauce with beef extract and seasonings. Just before serving add mushroom caps peeled, cut in slices lengthwise, and sautéed in butter five minutes.

Chicken à la McDonald

1 cup cold cooked chicken, cut in strips
3 cold boiled potatoes, cut in one-third inch slices
1 truffle cut in strips
3 tablespoons butter
3 tablespoons flour
1½ cups scalded milk
Salt
Pepper

Make a sauce of butter, flour, and milk. Add chicken, potatoes, and truffle, and, as soon as heated, add seasoning.

Chicken Mousse (Hot)

Make a chicken force-meat of one-half the breast of a raw chicken pounded and forced through a purée strainer, the white of one egg slightly beaten, one-half cup heavy cream, and salt, pepper, and cayenne to taste. Add three-fourths cup cooked white chicken meat

rubbed through a sieve, the white of an egg slightly beaten, and one-half cup heavy cream beaten until stiff. Decorate a buttered mould with truffles, turn in mixture, set in pan of hot water, cover with buttered paper, and bake until firm. Remove to platter, and pour around Cream or Béchamel Sauce.

Chicken Mousse (Cold)

1 cup hot chicken stock
Yolks 3 eggs
¼ teaspoon salt
¼ teaspoon paprika
1 tablespoon granulated gelatine
1 tablespoon cold water
½ cup cold cooked chicken (white meat)
½ cup blanched almonds
1 cup heavy cream
Few grains cayenne

Beat egg yolks slightly, add salt and paprika, and pour over, gradually, chicken stock. Cook over hot water until mixture thickens, add gelatine soaked in cold water and, when dissolved, strain and add to chicken and almonds, finely chopped, pounded, and forced through a sieve. Season highly with salt and cayenne. Put in ice water and stir until mixture thickens, then fold in cream, beaten until stiff. Turn into mould and chill.

Éclairs of Chicken Mayonnaise

¼ cup butter
½ cup boiling water
½ cup flour
2 eggs
1 cup cold cooked chicken, cut in small cubes
⅓ cup Mayonnaise Dressing

Put butter and water in saucepan and place on range; when boiling-point is reached, add flour (all at once) and stir until mixture is well blended and leaves sides of pan. Remove from fire and add eggs, one at a time, beating vigorously between the additions. Shape on a buttered sheet, three and one-half inches long by one and one-half inches wide, and bake in a moderate oven twenty-five minutes. Cool, split, and fill with chicken mixed with mayonnaise.

Macedoine Loaf

½ tablespoon butter
½ tablespoon flour
½ cup milk
½ cup bread crumbs
Yolks 2 eggs
1 cup cooked macaroni
½ cup cold cooked chicken
½ cup mushroom caps
1 tablespoon canned pimiento
½ cup heavy cream
1½ teaspoons salt
1 teaspoon parsley, finely chopped
Whites 2 eggs

Melt butter, add flour, and stir until well blended; then pour on gradually, while stirring constantly, milk. Bring to the boiling-point and add bread crumbs, egg yolks, beaten until thick and lemon-colored, macaroni cut in one-half-inch pieces, chicken, and mushroom caps, cut in strips, pimiento, cut in small pieces, cream, beaten until stiff, salt and parsley. Stir until thoroughly mixed and fold in whites of eggs, beaten until stiff. Turn into a mould lined with buttered paper, cover with buttered paper, and bake until firm. Remove from mould to hot serving dish and garnish with parsley. Serve with tomato or white sauce, to which sautéed sliced mushroom caps have been added.

Chicken à la King

- 1½ tablespoons chicken fat or butter
- 1¾ tablespoons flour
- ½ cup hot chicken stock
- ½ cup scalded milk
- ¼ cup scalded cream
- ½ teaspoon salt
- 2 tablespoons butter
- 1 cup cold boiled fowl, cut in strips
- ½ cup sautéed sliced mushroom caps
- ¼ cup canned pimientos, cut in strips
- Yolk 1 egg

Melt fat, add flour, and stir until well blended; then pour on gradually, while stirring constantly, stock, milk, and cream. Bring to the boiling-point and add salt, butter bit by bit, fowl, mushroom caps, and pimientos. Again bring to the boiling-point and add egg yolk, slightly beaten. Sauté the mushroom caps in butter five minutes.

Chop Suey

Remove the breast meat from an uncooked chicken and cut in strips one inch long. Melt one tablespoon butter, add chicken meat, and cook two minutes; then add three-fourths cup celery, cut in thin slices crosswise, one onion, peeled and sliced, and six mushroom caps cut in slices. Cook five minutes and add one cup chicken stock, one-half teaspoon sugar, two teaspoons Shoyu Sauce, one-half green pepper (from which seeds have been removed), cut in thin strips, and one teaspoon cornstarch, diluted with two tablespoons cold water. Bring to the boiling-point and let simmer three minutes.

Fillets of Chicken, Sauce Suprême

Remove fillets from three chickens, leaving wing joint and a piece of bone attached to each fillet. Reserve mignon fillets for the making

of force-meat. Make a pocket in each large fillet, and stuff with one-half tablespoon force-meat; close pockets, and fasten each with five pieces of truffle, shaped to represent nails, and drawn through with a larding needle. Sprinkle with salt and pepper, put in small baking pan, brush over with cold water, add one-half cup Madeira wine, cover with buttered paper, and bake in a hot oven ten minutes. Arrange cooked mushroom caps overlapping one another the entire length of platter, put a chop frill on bone of each fillet, and put three fillets on each side of mushrooms. Garnish with celery tips and pour around

Sauce Suprême. Cook remaining chicken with one small sliced carrot, one onion, one stalk celery, two sprigs parsley, and a bit of bay leaf, with enough water to cover, one hour. Strain and cook stock until reduced to one cup. Melt two tablespoons butter, add two tablespoons flour, and pour on stock; cook slowly fifteen minutes. Add three-fourths cup heavy cream and season with salt and pepper; then add twelve peeled white mushroom caps and cook five minutes. Remove caps to platter and add one-fourth cup heavy cream to sauce.

Chicken Force-meat. Put mignon fillets through a meat chopper, add one-half the quantity of stale bread crumbs cooked with milk until moisture has nearly evaporated. Cool and put through purée strainer; then add one and one-half tablespoons melted butter, yolk one egg, two tablespoons cream, and salt and pepper to taste.

Fillets of Game

Remove skin from breasts of three partridges. Cut off breasts, leaving wing joints attached. Separate large from mignon fillets. Make five parallel slanting incisions in each mignon fillet, and insert in each a slice of truffle, having part of truffle exposed cut in points on edge. Beginning at outer edge of large fillets make deep cuts, nearly separating fillets in two parts, and stuff with Chicken Force-meat I or II. Arrange small fillets on large fillets. Place in a greased baking pan, brush over with butter, add one tablespoon Madeira wine and two tablespoons mushroom liquor. Cover with buttered paper, and bake twelve minutes in a hot oven. Serve with Suprême Sauce.

Birds on Canapés

Split five birds (quails or squabs), season with salt and pepper, and spread with four tablespoons butter, rubbed until creamy, and mixed

Dresden Patties. — *Page 465.*

Capon in Aspic, garnished with Cooked Yolks and Whites of Eggs cut in fancy shapes, Pistachio Nuts, and Truffles. — *Page 471.*

Chaud-froid of Eggs. — *Page 472.*

Harvard Pudding served with Crushed Berries and Whipped Cream. — *Page 492.*

with three tablespoons flour. Bake in a hot oven until well browned, basting every four minutes with two tablespoons butter, melted in one-fourth cup water. Chop six boiled chickens' livers, season with salt, pepper, and onion juice, moisten with melted butter, and add one teaspoon finely chopped parsley. Spread mixture on five pieces toasted bread, arrange a bird on each canapé, and garnish with parsley.

Breast of Quail Lucullus

Remove breasts with bone from six quail, lard, and bake in a hot oven twenty minutes, basting every five minutes with rich brown stock, that breasts may have a glazed appearance. Mould corn meal or hominy mush in cone shape; when firm remove from mould and sprinkle with finely chopped parsley. Arrange breasts on cone around base, and make six nests of mashed seasoned sweet potato around base of cone at equal distances, using a pastry bag and rose tube. Fill nests with creamed mushrooms and sweetbread. Garnish between nests with toasted bread points, the tips of which have been brushed with white of egg, then dipped in finely chopped parsley. Insert a stab frill in each nest and one in top of cone.

Serve with one and one-half cups rich brown sauce seasoned with tomato catsup and mashed sweet potato. A small amount of the sweet potato gives a suggestion of chestnuts.

Croustades of Bread

Cut stale bread in two-inch slices, and slices in diamonds, squares, or circles. Remove centres, leaving cases. Fry in deep fat or brush over with melted butter, and brown in oven. Fill with creamed vegetables, fish, or meat.

Rice Croustades

Wash one cup rice, and steam in White Stock. Cool, and mix with three-fourths cup Thick White Sauce, to which has been added beaten yolk of one egg, slight grating of nutmeg, one-half teaspoon salt, and one-eighth teaspoon pepper. Spread mixture in buttered pan two inches thick, cover with buttered paper, and place weight on top. Let stand until cold. Turn from pan, cut in rounds, remove centres, leaving cases; dip in crumbs, egg, and crumbs, and fry in deep fat. Fill with creamed fish.

Soufflé au Rhum

Yolks 2 eggs — 1 tablespoon rum
¼ cup powdered sugar — Whites 4 eggs
Few grains salt

Beat yolks of eggs until lemon-colored. Add sugar, salt, and rum. Cut and fold in whites of eggs beaten until stiff and dry. Butter a hot omelet pan, pour in one-half mixture, brown underneath, fold gradually, turn on a hot serving dish, and sprinkle with powdered sugar. Cook remaining mixture in same way. Soufflé au Rhum should be slightly underdone inside. At gentlemen's dinners rum is sometimes poured around soufflé and lighted when sent to table.

Omelet Soufflé

Yolks 2 eggs — ½ teaspoon vanilla
¼ cup powdered sugar — Whites 4 eggs
Few grains salt

Prepare same as Soufflé au Rhum. Mound three-fourths of mixture on a slightly buttered platter. Decorate mound with remaining mixture forced through a pastry bag and tube. Sprinkle with powdered sugar, and bake ten minutes in a moderate oven.

Patties

Patty shells are filled with Creamed Oysters, Oysters in Brown Sauce, Creamed Chicken, Creamed Chicken and Mushrooms, or Creamed Sweetbreads. They are arranged on a folded napkin, and are served for a course at dinner or luncheon.

Bouchées

Small pastry shells filled with creamed meat are called bouchées.

Vol-au-vents

Vol-au-vents are filled same as patty shells.

Rissoles

Roll puff paste to one-eighth inch thickness, and cut in rounds. Place one teaspoon finely chopped seasoned meat moistened with Thick White Sauce on each round. Brush each piece with cold water half-way round close to edge. Fold like a turnover, and press edges together. Dip in egg slightly beaten and diluted with one tablespoon

water. Roll in gelatine, fry in deep fat, and drain. Granulated gelatine cannot be used.

Filling for Rissoles. Mix one-half cup finely chopped cold cooked chicken with one-fourth cup finely chopped cooked ham. Moisten with White Sauce III, and season with salt and cayenne.

Cigarettes à la Prince Henry

Roll puff paste very thin, and spread with Chicken Force-meat. Roll like a jelly roll, and cut in pieces four inches long and a little larger round than a cigarette. Brush over with egg, roll in crumbs, fry in deep fat, and drain on brown paper. Arrange log-cabin fashion on a folded doily, and serve while hot.

Zigaras à la Russe

Make and fry same as Cigarettes à la Prince Henry, using cheese mixture in place of Chicken Force-meat. Melt two tablespoons butter, add four tablespoons flour, and pour on gradually one-half cup milk, then add one tablespoon heavy cream, one egg yolk, and one-third cup grated cheese. Season highly with salt and cayenne. Cool before spreading on paste.

Dresden Patties

Cut stale bread in two-inch slices, shape with a round cutter three inches in diameter, and remove centres, making cases. Dip cases in egg, slightly beaten, diluted with milk and seasoned with salt, allowing two tablespoons milk to each egg. When bread is thoroughly soaked, drain, and fry in deep fat. Fill with any mixture suitable for patty cases.

Russian Patties

1 pint oysters
3 tablespoons butter
4½ tablespoons flour
½ cup chicken stock
½ cup cream
½ tablespoon vinegar
¾ tablespoon lemon juice
Yolks 2 eggs
1 tablespoon grated horseradish
2 tablespoons capers
Salt and pepper

Parboil oysters, drain, and reserve liquor; there should be one-half cup. Make sauce of butter, flour, stock, oyster liquor, and cream; add yolks of eggs, seasonings, and salt and pepper to taste. Add oysters, and as soon as oysters are heated, fill patty shells.

Shrimp Patties

1½ tablespoons butter
1½ tablespoons flour
¾ cup cream
¼ teaspoon salt
⅛ teaspoon celery salt
¼ teaspoon paprika
Few gratings nutmeg
1 cup shrimps
¼ cup walnut meats
⅛ teaspoon Orange Curaçoa

Melt butter, add flour, and stir until well blended; then add cream gradually while stirring constantly. Bring to boiling-point and add salt, celery salt, paprika, nutmeg, and shrimps, cut in halves. Again bring to boiling-point and add walnut meats, broken in pieces, and orange curaçoa. Reheat patty shells and fill with mixture.

Epicurean Bouchées

⅓ pound mushroom caps
1 dozen frogs' legs
½ pound crab meat
2 tablespoons melted butter
2 teaspoons salt
¼ teaspoon paprika
½ cup Sherry wine
1⅓ cups cream
1 tablespoon cornstarch
1 tablespoon cold water
Yolk 1 egg

Clean and peel mushroom caps, cut in one-fourth-inch strips crosswise, and sauté in butter three minutes. Clean and steam frogs' legs until tender, then add crab meat, butter, salt, paprika, and Sherry wine. Cover and let stand thirty minutes. Put on range and cook five minutes. Pour off one-half wine and add mushrooms. Scald cream in double boiler; dilute cornstarch with cold water, add gradually to scalded cream, and cook ten minutes, stirring constantly until mixture thickens and afterwards occasionally; then add yolk of egg, slightly beaten. Add to first mixture, reheat, and season highly with salt and cayenne. Fill bouchée cases with mixture or serve with puff-paste points.

Sweetbread and Mushroom Patties

Parboil one sweetbread, cool and cut in one-fourth-inch pieces. Clean and peel ten large mushrooms and cut in pieces. Put in a small pan and add one tablespoon butter, one teaspoon lemon juice, one fourth teaspoon salt, and a few grains pepper. Cover and cook fifteen minutes, stirring occasionally. Melt two tablespoons butter, add four tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken or brown stock. Bring to the boiling-point, add sweetbreads, mushrooms, and one

tablespoon heavy cream. Again bring to the boiling-point and season with one-half teaspoon salt and a few grains, each, pepper and paprika. Line patty-pans with puff paste, fill with mixture, cover with pastry tops, brush over with white of egg, slightly beaten, and bake in a moderate oven twenty-five minutes. Serve at once.

English Patties

1 cup cold cooked chicken, cut in ¼ inch cubes
6 mushroom caps
½ truffle
2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon cayenne
⅛ teaspoon grated nutmeg
1 tablespoon Sherry wine
1 egg
1 tablespoon cream
1 cup chicken stock

To chicken add mushroom caps, peeled and cut in cubes, truffle, cut in small pieces, and butter. Cook five minutes, stirring almost constantly; then add flour and when well blended, pour on chicken stock and let simmer ten minutes. Season with salt, cayenne, nutmeg, and Sherry. Beat egg slightly, dilute with cream and add. When thoroughly heated, fill six patty cases with mixture, arrange on serving dish, and garnish with parsley.

Crab and Mushroom Vol-au-Vent

Melt three tablespoons butter, add three tablespoons flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup chicken stock and one-half cup cream. Bring to the boiling-point and add one and one-half cups crab meat and the caps from one-half pound mushrooms, cut in strips and sautéed in butter. As soon as thoroughly heated, add one-half cup grated Parmesan cheese, three tablespoons Sherry wine, one-half teaspoon salt, and one-eighth teaspoon, each, pepper and paprika. Fill vol-au-vent with mixture. Adjust cover and garnish with sprigs of parsley.

Cheese Soufflé with Pastry

2 eggs
⅔ cup thick cream
½ cup Swiss cheese, cut in small dice
½ cup grated American cheese
⅛ cup grated Parmesan cheese
Salt and pepper
Few grains cayenne
Few gratings nutmeg

Add eggs to cream and beat slightly, then add cheese and seasonings. Line the sides of ramequin dishes with strips of puff paste. Fill dishes with mixture until two-thirds full. Bake fifteen minutes in a hot oven.

Lamb Rissoles à l'Indienne

Roll puff paste one-eighth inch thick and shape, using circular cutters of different sizes. On the centres of smaller pieces put one tablespoon prepared lamb mixture, wet edges, cover with large pieces, press edges firmly together, prick upper paste in several places, brush over with yolk of egg diluted with one teaspoon cold water, and bake in hot oven.

Lamb Filling. Cook three tablespoons butter, with a few drops onion juice, until well browned, add one-fourth cup flour, and brown butter and flour, then add one cup lamb stock. Season highly with salt, paprika, and curry powder. To one-half the sauce, add two-thirds cup cold roast lamb cut in one-third-inch cubes. Add stock to remaining sauce, and pour around rissoles just before sending to table.

Quail Pies

6 quails
6 slices carrot
Stalk of celery
2 slices onion
Sprig of parsley
Bit of bay leaf
¼ teaspoon peppercorns
Flour
Salt and pepper
Sherry wine

Remove breasts and legs from birds, season with salt and pepper, dredge with flour, and sauté in butter. To butter in pan add vegetables and peppercorns, and cook five minutes. Separate backs of birds in pieces, cover with cold water, add vegetables, and cook slowly one hour. Drain stock from vegetables, and thicken with flour diluted with enough cold water to pour easily. Season with salt, pepper, and wine. If not rich enough, add more butter. Allow one bird to each individual dish, sauce to make sufficiently moist, and cover with plain or puff paste, in which make two incisions, through which the legs of the bird should extend.

Ham Mousse, Epicurean Sauce

1 tablespoon granulated gelatine
½ cup hot water
2 cups chopped, cold boiled ham
1 teaspoon mixed mustard
Few grains cayenne
½ cup heavy cream

Dissolve gelatine in hot water and add to ham, which has been pounded in a mortar. Season with mustard and cayenne, add cream beaten until stiff, and turn into a mould, first dipped in cold water. Chill, remove from mould, garnish with parsley and serve with Epicurean Sauce (see p. 334).

Cutlets of Ham, Alexandria

½ pound lean raw ham
4 egg whites
⅛ teaspoon pepper
½ cup cream
Few gratings nutmeg
Allemande Sauce
Asparagus tips

Finely chop ham, add the unbeaten egg whites, and mix to a smooth paste. Rub through a sieve, add seasonings and cream a little at a time. Fill slightly buttered cutlet moulds, set in pan, surround with hot water, cover with buttered paper, and bake until firm. Remove to hot serving dish, coat with Allemande Sauce, and garnish with buttered hot asparagus tips and parsley.

Huntington Sweetbreads

Parboil one pair sweetbreads, cool, trim, and lard upper surface. Clean and peel twelve mushroom caps and cook in two tablespoons butter two minutes. Add one-fourth cup Sherry wine and cook five minutes.

Wash one-half cup butter, put in a mortar with three tablespoons mashed, boiled sweet potatoes, one-half teaspoon finely cut chives, and one shallot and one clove garlic, each, finely chopped. Work until thoroughly blended; then rub through a sieve. Season with salt and paprika. Cut bread in one-third-inch slices, cut in rounds, toast on one side, and spread untoasted sides with prepared butter. Put in four individual baking dishes, over each put a piece of sweetbread, over sweetbread arrange mushroom caps, and spread with remaining butter. Pour around heavy cream, allowing two tablespoons to each portion. Put on glass covers and bake in a moderate oven eight minutes.

Glazed Sweetbread Lucullus

Trim sweetbread and parboil in Sherry wine until plump, the time required being about one-half hour. Keep covered during the cooking, turning twice. Cool and cut in pieces. Put one and one-half tablespoons butter in frying pan, and when melted add one-half

teaspoon beef extract. Cook sweetbread in mixture until glazed, turning frequently. Drain canned artichoke bottoms and reheat; then arrange on circular pieces of sautéed bread. Place pieces of sweetbread on each and pour around Lucullus Sauce made by adding one cup chopped sautéed mushrooms to one cup tomato sauce.

Aspic Jelly

Carrot, Onion, Celery — 2 tablespoons each, cut in cubes
2 sprigs parsley
2 sprigs thyme
1 sprig savory
2 cloves
½ teaspoon peppercorns
1 bay leaf
⅞ cup white stock
4 tablespoons granulated gelatine
1 quart White Stock for vegetables and white meat, or
1 quart Brown Stock for dark meat
Juice 1 lemon
Whites 3 eggs

Aspic jelly is always made with meat stock, and is principally used in elaborate entrées where fish, chicken, game, or vegetables are to be served moulded in jelly. In making Aspic Jelly, use as much liquid as the pan which is to contain moulded dish will hold.

Put vegetables, seasonings, and seven-eighths cup stock in a saucepan; cook twenty minutes, and strain, reserving liquid. Add gelatine to stock, then add lemon juice and strained liquid. Season with salt and cayenne and add whites of eggs slightly beaten. Add slowly to remaining mixture, stirring constantly until boiling-point is reached. Place on back of range and let stand thirty minutes. Strain through a fine wire strainer placed over a larger fine wire strainer lined with a double thickness of cheesecloth.

Tomatoes in Aspic

Peel six small firm tomatoes, and remove pulp, having opening in tops as small as possible. Sprinkle insides with salt, invert, and let stand thirty minutes. Fill with vegetable or chicken salad. Cover tops with Mayonnaise to which has been added a small quantity of dissolved gelatine, and garnish with capers and sliced pickles. Place a pan in ice water, cover bottom with aspic jelly mixture, and let stand until jelly is firm. Arrange tomatoes on jelly, garnished side down. Add more aspic jelly mixture, let stand until firm, and so continue until all is used. Chill thoroughly, turn on a serving dish, and garnish around base with parsley.

Stuffed Olives in Aspic

Stone olives, using an olive stoner, and fill cavities thus made with green butter. Place small Dario moulds in pan of ice water, and pour in aspic jelly mixture (see p. 470) one-fourth inch deep. When firm put an olive in each mould (keeping olives in place by means of small wooden skewers) and add aspic by spoonfuls until moulds are filled. Chill thoroughly, remove to circular slices of liver sausage, garnish with green butter forced through a pastry bag and tube, yolks of hard-boiled eggs forced through a strainer, and red peppers cut in fancy shapes.

Green Butter. Mix yolk one hard-boiled egg, two tablespoons butter, one sprig parsley, one sprig tarragon, one small shallot, one-half teaspoon anchovy paste, one teaspoon capers, and one teaspoon chopped gherkins, and pound in a mortar; then rub through a very fine sieve. Season with salt and pepper, and add a few drops vinegar.

Tongue in Aspic

Cook a tongue according to directions on page 250. After removing skin and roots, run a skewer through tip of tongue and fleshy part, thus keeping tongue in shape. When cool, remove skewer. Put a round pan in ice water, cover bottom with brown aspic, and when firm decorate with cooked carrot, turnip, beet cut in fancy shapes, and parsley. Cover with aspic jelly mixture, adding it by spoonfuls so as not to disarrange vegetables. When this layer of mixture is firm, put in tongue, adding gradually remaining mixture as in Tomatoes in Aspic.

Birds in Aspic

Clean, bone, stuff, and truss a bird, then steam over body bones or roast. If roasted, do not dredge with flour. Put a pan in ice water, cover bottom with aspic jelly mixture, and when firm garnish with truffles and egg custard thinly sliced and cut in fancy shapes. The smaller the shapes the more elaborate may be the designs. When garnished with small shapes, pieces are so difficult to handle that they should be taken on the pointed end of a larding-needle, and placed as desired on jelly. Add aspic mixture by spoonfuls, that designs may not be disturbed. When mixture is added, and firm to the depth of three-fourths inch, place in the bird, breast down. If sides of mould are to be decorated, dip pieces in jelly and they will cling to pan. Add

remaining mixture gradually as in Tomatoes in Aspic. Small birds, chicken, capon, or turkey, may be put in aspic.

Egg Custard for Decorating

Separate yolks from whites of two eggs. Beat yolks slightly, add two tablespoons milk and few grains salt. Strain into a buttered cup, put in a saucepan, surround with boiling water to one-half depth of cup, cover, put on back of range, and steam until custard is firm. Beat whites slightly, add few grains salt, and cook as yolks. Cool, turn from cups, cut in thin slices, then in desired shapes.

Stuffing for Chicken in Aspic

Chop finely breast and meat from second joints of an uncooked chicken, or one pound of uncooked lean veal. Add one-half cup cracker crumbs, hot stock to moisten, salt, pepper, celery salt, cayenne, lemon juice, and one egg slightly beaten. In stuffing boned chicken, stuff body, legs, and wings, being careful that too much stuffing is not used, as an allowance must be made for the swelling of cracker crumbs.

Spring Mousse

Chop three-fourths cup cold cooked chicken or veal, and pound in a mortar. Add gradually one-half cup heavy cream, and force mixture through purée strainer. Add one-half tablespoon granulated gelatine dissolved in three tablespoons White Stock. Add another one-half cup heavy cream and season with salt, cayenne, and horseradish powder. Pour jelly into small moulds one-third inch deep, using lemon Sauterne, or aspic. When firm, fill moulds with veal mixture and set aside to chill. Remove from moulds and serve on lettuce leaves.

Chaud-froid of Eggs

Cut six hard-boiled eggs in halves lengthwise and remove yolks. Mix one-third cup cold cooked chicken finely chopped, two tablespoons cold cooked ham finely chopped, two tablespoons chopped raw mushroom caps, one-half tablespoon chopped truffles, and yolks of four of the eggs rubbed through a sieve. Moisten with Spanish Sauce and refill whites with mixture. Mask eggs with Spanish Sauce, garnish with truffles, cut in fancy shapes, and brush over with aspic. Arrange on serving dish and garnish with cress.

Spanish Sauce. Cook one and one-half cups canned tomatoes fifteen minutes with one-fourth onion, sprig of parsley, bit of bay leaf, six cloves, one-third teaspoon salt, one-fourth teaspoon paprika, and a few grains cayenne; then rub through a sieve. Beat yolks three eggs slightly, and add, gradually, three tablespoons olive oil. Combine mixtures and cook over hot water, stirring constantly. Add one tablespoon granulated gelatine soaked in three-fourths tablespoon each tarragon vinegar and cold water. Strain, and cool.

Jellied Vegetables

Soak one tablespoon granulated gelatine in one-fourth cup cold water, and dissolve in one cup boiling water; then add one-fourth cup, each, sugar and vinegar, two tablespoons lemon juice, and one teaspoon salt. Strain, cool, and when beginning to stiffen, add one cup celery cut in small pieces, one-half cup finely shredded cabbage, and one and one-half canned pimientos cut in small pieces. Turn into a mould and chill. Remove from mould and arrange around jelly thin slices of cold cooked meat overlapping one another. Garnish with celery tips.

Mayonnaise of Mackerel

Clean two medium-sized mackerel, put in baking dish with one-third cup each water, cider vinegar, and tarragon vinegar, twelve cloves, one teaspoon each peppercorns and salt, and a bit of bay leaf. Cover with buttered paper and cook in a moderate oven. Arrange on a serving dish, remove skin, cool, and mask with Mayonnaise thickened with gelatine. Let stand until thoroughly chilled, and garnish with sliced cucumbers, lemon baskets filled with Mayonnaise sprinkled with finely chopped parsley, and sprigs of parsley.

Chaud-froid of Chicken

2 tablespoons butter
3 tablespoons flour
1 cup White Stock
Yolk one egg
2 tablespoons cream
1 tablespoon lemon juice
Salt and pepper
¾ teaspoon granulated gelatine dissolved in one tablespoon hot water
Aspic jelly
Truffles
6 pieces cooked chicken, shaped in form of cutlets

Make a sauce of butter, flour, and stock; add egg yolk diluted with cream, lemon juice, salt, and pepper; then add dissolved gelatine. Dip

chicken in sauce which has been allowed to cool. When chicken has cooled, garnish upper side with truffles cut in shapes. Brush over with aspic jelly mixture, and chill. Arrange a bed of lettuce; in centre pile cold cooked asparagus tips or celery cut in small pieces, marinated with French Dressing, and place chicken at base of salad.

Moulded Salmon, Cucumber Sauce

1 can salmon
½ tablespoon salt
1½ tablespoons sugar
½ tablespoon flour
1 teaspoon mustard
Few grains cayenne
Yolks 2 eggs
1½ tablespoons melted butter
¾ cup milk
¼ cup vinegar
¾ tablespoon granulated gelatine
2 tablespoons cold water

Remove salmon from can, rinse thoroughly with hot water, and separate in flakes. Mix dry ingredients, add egg yolks, butter, milk, and vinegar. Cook over boiling water, stirring constantly until mixture thickens. Add gelatine soaked in cold water. Strain, and add to salmon. Fill individual mould, chill, and serve with

Cucumber Sauce II. Beat one-half cup heavy cream until stiff, add one-fourth teaspoon salt, a few grains pepper, and gradually two tablespoons vinegar; then add one cucumber, pared, chopped, and drained through cheesecloth.

Moulded Chicken, Sauterne Jelly

Cover a four-pound fowl with two quarts cold water, and add four slices carrot, one onion stuck with eight cloves, two stalks celery, bit of bay leaf, one-half teaspoon peppercorns, and one tablespoon salt. Bring quickly to boiling-point, and let simmer until meat is tender. Remove meat from bones, and finely chop. Reduce stock to three-fourths cup, cool, and remove fat. Soak one teaspoon granulated gelatine in one teaspoon cold water, and dissolve in stock which has been reheated. Add to meat, and season with salt, pepper, celery salt, lemon juice, and onion juice. Pack solidly into a slightly buttered one-pound baking-powder tin, and chill. Remove from tin, cut in thin slices, and arrange around Sauterne Jelly, beaten with a fork until light.

When making Sauterne Jelly (see p. 520) to serve with meat, use but three tablespoons sugar.

Lenox Chicken

1 tablespoon granulated gelatine
¾ cup hot chicken stock
¾ cup cream
1½ cups cold cooked chicken, cut in dice
½ tablespoon granulated gelatine
2 tablespoons cold water
Yolks 2 eggs
1 teaspoon salt
1½ teaspoons sugar
1 teaspoon mustard
¼ teaspoon pepper
2 tablespoons lemon juice
1 tablespoon vinegar
½ cup hot cream
1½ tablespoons butter
Whites 2 eggs
½ cup cream
2 cups finely chopped celery

Dissolve one tablespoon gelatine in chicken stock and strain. When mixture begins to thicken beat until frothy, and add three-fourths cup cream, beaten until stiff, and chicken dice. Season with salt and pepper, turn into individual moulds, and chill. Soak remaining gelatine in cold water, dissolve by standing over hot water, then strain. Beat yolks of eggs slightly and add salt, sugar, mustard, lemon juice, vinegar, and hot cream. Cook over hot water until mixture thickens, add butter and strained gelatine. Add mixture, gradually, to whites of eggs beaten stiff, and when cold, fold in cream beaten until stiff, and celery. Remove chicken from mould, surround with sauce, and garnish with celery tips.

Rum Cakes

Shape Brioche dough in the form of large biscuits and put into buttered individual tin moulds, having moulds two-thirds full; cover, and let rise to fill moulds. Bake twenty-five minutes in a moderate oven. Remove from moulds and dip in Rum Sauce. Arrange on a dish and pour remaining sauce around cakes.

Rum Sauce

½ cup sugar 1 cup boiling water
¼ cup rum or wine

Make a syrup by boiling sugar and water five minutes; then add rum or wine.

Flûtes

Shape Brioche dough in sticks similar to Bread Sticks. Place on a buttered sheet, cover, and let rise fifteen minutes. Brush over with white of one egg slightly beaten and diluted with one-half table-

spoon cold water. Sprinkle with powdered sugar and bake ten minutes. These are delicious served with coffee or chocolate.

Baba Cakes

To one and one-half cups Brioche dough add one-third cup each raisins seeded and cut in pieces, currants, and citron thinly sliced, previously soaked in Maraschino for one hour. Shape, let rise, and bake same as Rum Cakes. Dip in sauce made same as Rum Sauce, substituting Maraschino in place of rum.

Baba Cakes with Apricots

1½ cups flour
1 yeast cake dissolved in
½ cup lukewarm water
⅔ cup butter
4 eggs
½ cup sugar
¼ teaspoon salt

Make sponge of one-half cup flour and dissolved yeast cake; cover and let rise. Mix remaining flour with butter, two eggs, sugar, and salt. Beat thoroughly, and add, while beating, remaining eggs, one at a time, then beat until mixture is perfectly smooth. As soon as sponge has doubled its bulk, combine mixtures, beat thoroughly, and half fill buttered individual tins. Let rise, and bake in a moderate oven. Remove from tins, cut a circular piece from top of each, and scoop out a small quantity of the inside. Fill centres thus made with Apricot Marmalade, replace circular pieces, and serve with Wine Sauce (see p. 505).

CHAPTER XXIV

HOT PUDDINGS

Emergency Puddings

1 cup bread flour
½ teaspoon salt
2 tablespoons baking powder
Milk
Canned peaches

Mix and sift flour, salt, and baking powder and moisten to a soft dough with milk, the amount required being about one-third cup. Drop a tablespoonful in each buttered individual mould, add a small section cut from a canned peach, cover with another tablespoon dough, and steam ten minutes. Sections of other canned fruits or raspberry or blackberry jam may be used in place of peaches. Serve with any pudding sauce.

Rice Pudding

4 cups milk
⅓ cup rice
½ teaspoon salt
⅓ cup sugar
Grated rind ½ lemon

Wash rice, mix ingredients, pour into buttered pudding dish, set in pan of hot water, and bake three hours in very slow oven, stirring three times during first hour of baking to prevent rice from settling.

Poor Man's Pudding

4 cups milk
⅓ cup rice
⅓ cup molasses
½ teaspoon salt
½ teaspoon cinnamon
1 tablespoon butter

Wash rice, mix, and bake same as Rice Pudding. At last stirring, add butter.

Lemon Cream Rice

½ cup rice
3 cups milk
½ cup sugar
Grated rind of ¾ lemon
1⅓ tablespoons lemon juice
¾ teaspoon salt
Yolks 2 eggs
Whites 2 eggs
2 tablespoons powdered sugar
¼ teaspoon lemon extract

Pick over rice, cover with cold water, and let soak over night. Drain, put in double boiler, add milk, and cook until rice is soft. Add sugar, lemon rind, lemon juice, salt, and egg yolks, slightly beaten. Cook until thickens, turn into a buttered pudding dish, and cool. Beat whites of eggs until stiff and add gradually powdered sugar and lemon extract. Cover top of pudding with meringue and bake in a moderate oven just long enough to brown meringue. Serve with or without Strawberry Sauce (see p. 502).

Pear Condé

1 cup boiling water
½ teaspoon salt
½ cup rice
1½ cups milk
3 tablespoons sugar
Yolks 2 eggs
Preserved pears
3 tablespoons chopped Canton ginger

Put water and salt in top of double boiler, place on range and add rice gradually, while stirring with a fork. Boil five minutes, place over under part of double boiler, and steam until kernels have absorbed water; then add milk and continue the steaming until kernels are soft. Add sugar and egg yolks, slightly beaten. Mound on a serving dish in conical shape and place on rice halves of pears cooked in their own syrup (to which one-third cup sugar has been added) until soft. Sprinkle all with ginger.

Peach Compote, Peach Sauce

2 cups milk
½ cup farina
¼ cup sugar
½ teaspoon salt
Whites 2 eggs
6 peaches
3 tablespoons water
6 tablespoons sugar

Scald milk and add farina gradually, while stirring constantly. When mixture thickens, add sugar and salt, and cook in double boiler twenty minutes; then add whites of eggs, beaten until stiff. Turn into a slightly buttered shallow pan and keep in a warm place until serving time. Remove skin from peaches, put in saucepan, and add water and sugar; cover and cook slowly until fruit is soft. Cut farina in squares, put a peach on each square, and pour over all

Peach Sauce. Dilute one-half tablespoon cornstarch with one tablespoon cold water. Add to syrup remaining in saucepan, bring to the boiling-point, and let boil two minutes; then pour slowly, while stirring constantly, over the yolks of two eggs, beaten until thick and lemon-colored. Add two teaspoons lemon juice and a few grains salt

Indian Pudding

5 cups scalded milk
⅓ cup Indian meal
½ cup molasses
1 teaspoon salt
1 teaspoon ginger

Pour milk slowly on meal, cook in double boiler twenty minutes, add molasses, salt, and ginger; pour into buttered pudding dish, set in pan of hot water, and bake two hours in slow oven; serve with cream. If baked too rapidly it will not whey. Ginger may be omitted.

Cerealine Pudding

4 cups scalded milk
2 cups cerealine
½ cup molasses
1½ teaspoons salt
1½ tablespoons butter

Pour milk on cerealine, add remaining ingredients, pour into buttered pudding dish, set in pan of hot water, and bake one hour in slow oven. Serve with cream.

Club Indian Pudding

1 quart scalded milk
5 tablespoons granulated Indian meal
2 tablespoons butter
1 cup molasses
1 teaspoon salt
¾ teaspoon cinnamon
½ teaspoon ginger
2 eggs
1 cup cold milk

Add meal gradually while stirring constantly, to scalded milk and cook in double boiler fifteen minutes; then add butter, molasses, seasonings, and eggs, well beaten. Turn into a buttered pudding dish and pour on cold milk. Bake in a moderate oven one hour. Serve with or without vanilla ice cream.

Squash Pudding

2½ cups steamed and strained squash
½ cup sugar
1 teaspoon salt
¾ teaspoon cinnamon
2 eggs
2¼ cups milk

Mix sugar, salt, and cinnamon and add to squash; then add eggs, slightly beaten, and milk. Turn into a buttered pudding dish and bake in a moderate oven until firm. Cool slightly before serving.

Newton Tapioca

½ cup pearl tapioca
4 cups scalded milk
4 tablespoons Indian meal
½ cup molasses
3 tablespoons butter
1½ teaspoons salt
1 cup milk

Soak tapioca two hours in cold water to cover. Pour scalded milk over Indian meal and cook in double boiler ten minutes. Add tapioca drained from water, molasses, butter, and salt; turn into buttered pudding dish, and pour over remaining milk, but do not stir. Bake one and one-fourth hours in a quick oven.

Apple Tapioca

¾ cup pearl or ½ cup minute tapioca
Cold water
2½ cups boiling water
½ teaspoon salt
7 sour apples
½ cup sugar

Soak tapioca one hour in cold water to cover, drain, add boiling water and salt; cook in double boiler until transparent. Core and pare apples, arrange in buttered pudding dish, fill cavities with sugar, pour over tapioca, and bake in moderate oven until apples are soft. Serve with sugar and cream or Cream Sauce I. Minute Tapioca requires no soaking.

Tapioca Custard Pudding

4 cups scalded milk
⅔ cup pearl tapioca, or ⅓ cup minute tapioca
3 eggs
½ cup sugar
1 teaspoon salt
1 tablespoon butter

Soak tapioca one hour in cold water to cover, drain, add to milk, and cook in double boiler thirty minutes; beat eggs slightly, add sugar and salt, pour on gradually hot mixture, turn into buttered pudding dish, set in pan of hot water, add butter, bake thirty minutes in slow oven.

Peach Tapioca

1 can peaches
¼ cup powdered sugar
1 cup pearl tapioca
Boiling water
½ cup sugar
½ teaspoon salt

Drain peaches, sprinkle with powdered sugar, and let stand one hour; soak tapioca one hour in cold water to cover; to peach syrup add enough boiling water to make three cups; heat to boiling-point, add tapioca drained from cold water, sugar, and salt; then cook in a

double boiler until transparent. Line a mould or pudding dish with peaches cut in quarters, fill with tapioca, and bake in moderate oven thirty minutes; cool slightly, turn on a dish, and serve with Cream Sauce I.

Rhubarb Tapioca Pudding

⅔ cup pearl tapioca
1¼ cups boiling water
3 cups rhubarb
1½ cups sugar
⅔ teaspoon salt

Soak tapioca in cold water to cover over night or several hours. Drain, put in double boiler, add boiling water and salt and cook until tapioca has absorbed water. Peel rhubarb, cut in three-fourths-inch pieces crosswise, and sprinkle with sugar. Add to tapioca and cook until tapioca is transparent and rhubarb is soft. Turn into a fancy dish and serve with sugar and thin cream.

Fruit Tapioca

½ cup pearl tapioca
2½ cups cold water
¾ teaspoon salt
1 inch stick cinnamon
1 tumbler currant jelly
¼ cup Sherry wine
Almonds
Seeded raisins } ¼ cup each
Citron }
Sugar

Soak tapioca in cold water over night or several hours. Cook in same water in double boiler with salt and cinnamon until transparent. Remove from range and add currant jelly, Sherry wine, almonds (blanched and shredded), raisins (cut in pieces) and citron (cut in thin slices). Sweeten to taste. Turn into a serving dish, cool slightly, and serve with thin cream.

Corn Pudding

2 cups popped corn, finely pounded
3 cups milk
3 eggs, slightly beaten
½ cup brown sugar
1 tablespoon butter
¾ teaspoon salt

Scald milk, pour over corn, and let stand one hour. Add remaining ingredients, turn into a buttered dish, and bake in a slow oven until firm. Serve with cream, or maple syrup.

Scalloped Apples

1 small stale loaf baker's bread
¼ cup butter
1 quart sliced apples
¼ cup sugar
¼ teaspoon grated nutmeg
Grated rind and juice of ½ lemon

Cut loaf in halves, remove soft part, and crumb by rubbing through a colander; melt butter and stir in lightly with fork; cover bottom of buttered pudding dish with crumbs and spread over one-half the apples, sprinkle with one-half sugar, nutmeg, lemon juice, and rind mixed together; repeat, cover with remaining crumbs, and bake forty minutes in moderate oven. Cover at first to prevent crumbs browning too rapidly. Serve with sugar and cream.

Bread Pudding

2 cups stale bread crumbs
1 quart scalded milk
⅓ cup sugar
¼ cup melted butter
2 eggs
½ teaspoon salt
1 teaspoon vanilla or
¼ teaspoon spice

Soak bread crumbs in milk, set aside until cool; add sugar, butter, eggs slightly beaten, salt, and flavoring; bake one hour in buttered pudding dish in slow oven; serve with Vanilla Sauce. In preparing bread crumbs for puddings avoid using outside crusts. With a coarse grater there need be but little waste.

Cracker Custard Pudding

Make same as Bread Pudding, using two-thirds cup cracker crumbs in place of bread crumbs; after baking, cover with meringue made of whites two eggs, one-fourth cup powdered sugar, and one tablespoon lemon juice; return to oven to cook meringue.

Bread and Butter Pudding

1 small stale loaf baker's bread
Butter
3 eggs
½ cup sugar
¼ teaspoon salt
1 quart milk

Remove end crusts from bread, cut loaf in one-half-inch slices, spread each slice generously with butter; arrange in buttered pudding dish, buttered side down. Beat eggs slightly, add sugar, salt, and milk; strain, and pour over bread; let stand thirty minutes. Bake one hour in slow oven, covering the first half-hour of baking. The top of pudding should be well browned. Serve with Hard or Creamy Sauce. Three-fourths cup raisins, parboiled in boiling water to cover, and seeded, may be sprinkled between layers of bread.

Bread and Butter Apple Pudding

Cover bottom of a shallow baking dish with apple sauce. Cut stale bread in one-third-inch slices, spread with softened butter, remove

crusts, and cut in triangular-shaped pieces; then arrange closely together over apple. Sprinkle generously with sugar, to which is added a few drops vanilla. Bake in a moderate oven and serve with cream.

Chocolate Bread Pudding

2 cups stale bread crumbs
4 cups scalded milk
2 squares unsweetened chocolate
⅔ cup sugar
2 eggs
¼ teaspoon salt
1 teaspoon vanilla

Soak bread in milk thirty minutes; melt chocolate in saucepan placed over hot water, add one-half sugar and enough milk taken from bread and milk to make of consistency to pour; add to mixture with remaining sugar, salt, vanilla, and eggs slightly beaten; turn into buttered pudding dish and bake one hour in a moderate oven. Serve with Hard or Cream Sauce I.

Sally's Bread Pudding

2 cups stale bread crumbs
1 quart scalded milk
Yolks 4 eggs
⅓ cup sugar
2 tablespoons melted butter
Few gratings nutmeg
¼ teaspoon soda
2 teaspoons hot water
Whites 4 eggs

Pour milk over bread crumbs, cover, and let stand fifteen minutes. Add yolks of eggs, well beaten, sugar, butter, nutmeg, and soda, dissolved in water; then fold in whites of eggs, beaten until stiff. Turn into a buttered pudding dish and bake in a moderate oven forty-five minutes. Serve hot with Roxbury Sauce, or cold with fruit sauce.

Caramel Bread Pudding

4 cups milk
½ cup sugar
2 cups stale bread crumbs
2 eggs
⅔ cup sugar
½ teaspoon salt
1 teaspoon vanilla

Caramelize one-half cup sugar and add to milk which has been scalded in double boiler. When caramel has dissolved, add bread crumbs and let soak thirty minutes. Beat eggs slightly, add two-thirds cup sugar, salt, and vanilla. Add to first mixture, turn into a buttered pudding dish, and bake in a moderate oven one hour. Serve with whipped cream sweetened and flavored with vanilla.

Apricot Sandwiches, Roxbury Sauce

1 egg
Yolks 2 eggs
¼ teaspoon salt
2 tablespoons sugar
¾ cup milk
5 slices stale bread

Cut stale bread (preferably baker's) in one-fourth-inch slices. Remove crusts and cut slices in halves crosswise. Beat egg and egg yolks slightly, add salt, sugar, and milk, and strain into a shallow dish. Soak bread in mixture until soft, then sauté in butter. Spread one-half the pieces with apricot marmalade, cover with remaining pieces, and serve with Roxbury Sauce (see p. 499).

Dresden Sandwiches, Sherry Sauce

3 eggs
½ teaspoon salt
2 tablespoons sugar
1 cup milk
6 slices stale bread, ⅛ inch thick
Jam or marmalade

Beat eggs slightly, add salt, sugar, and milk, and when well blended, strain into a shallow dish. Remove crusts from bread and cut slices in halves, crosswise. Soak bread in custard mixture until soft. Cook in a buttered, hot frying pan. Brown on one side, turn and brown other side. Spread half the pieces with any jam or marmalade that may be at hand and cover with the remaining pieces. Serve hot with Sherry Sauce.

Mock Indian Pudding

½ small loaf baker's entire-wheat bread
Butter
3½ cups milk
½ cup molasses

Remove crusts from bread and cut into five slices of uniform thickness. Spread generously with butter, arrange in baking dish, pour over three cups of milk and molasses. Bake from two to three hours in a very slow oven, stirring three times during the first hour of baking, then add remaining milk. Serve with cream or vanilla ice cream.

Bangor Pudding

1⅓ cups cracker crumbs
Boiling water
2 cups milk
⅓ cup molasses
1 egg
1 cup raisins

Moisten cracker crumbs with boiling water, and let stand until cool. Add milk, molasses, egg slightly beaten, and raisins seeded and cut in pieces. Turn into a buttered pudding mould, and steam eight hours. Let stand in mould to cool. Serve cold with Cream Sauce II.

Steamed Lemon Pudding

8 small slices stale bread
Lemon mixture
1 cup milk
3 tablespoons sugar
2 eggs
Grated rind 1 lemon
$\frac{1}{8}$ teaspoon salt

Spread bread with lemon mixture, and arrange in buttered pudding mould. Beat eggs slightly, add sugar, salt, and milk; strain, add lemon rind, and pour mixture over bread. Cover, set in pan of hot water, and bake one hour.

Lemon Mixture. Cook three tablespoons lemon juice, grated rind one lemon, and one-fourth cup butter two minutes. Add one cup sugar and three eggs slightly beaten; cook until mixture thickens, and cool.

Banana Pudding

1 cup stale sponge cake crumbs
2 cups milk
$\frac{1}{2}$ cup banana pulp
$\frac{1}{4}$ cup sugar
$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ tablespoon lemon juice
1 teaspoon vanilla
3 eggs

Scald milk, pour over cake crumbs, cover, let stand one-half hour, and rub through a sieve. Add banana, which has been rubbed through a sieve, sugar, salt, lemon juice, vanilla, and eggs, slightly beaten. Turn into buttered individual moulds, set in pan of hot water, and bake until firm. Remove from oven, let stand five minutes, turn out, and serve with Cream Sabayon Sauce (see p. 504).

Cottage Pudding

$\frac{1}{4}$ cup butter
$\frac{2}{3}$ cup sugar
1 egg
1 cup milk
$2\frac{1}{4}$ cups flour
4 teaspoons baking powder
$\frac{1}{2}$ teaspoon salt

Cream the butter, add sugar gradually, and egg well beaten; mix and sift flour, baking powder, and salt; add alternately with milk to first mixture; turn into buttered cake pan; bake thirty-five minutes. Serve with Vanilla or Hard Sauce.

To Cream Butter. Put in a bowl and work with a wooden spoon until soft and of creamy consistency. Should buttermilk exude from butter it should be poured off.

Strawberry Cottage Pudding

⅓ cup butter	½ cup milk
1 cup sugar	1¾ cups flour
1 egg	3 teaspoons baking powder

Mix same as Cottage Pudding, and bake twenty-five minutes in shallow pan; cut in squares and serve with strawberries (sprinkled with sugar and slightly mashed) and Cream Sauce I. *Sliced peaches* may be used in place of strawberries.

Orange Puffs

⅓ cup butter	½ cup milk
1 cup sugar	1¾ cups flour
2 eggs	3 teaspoons baking powder

Mix same as Cottage Pudding, and bake in buttered individual tins. Serve with Orange Sauce.

Chocolate Pudding

¼ cup butter	3 teaspoons baking powder
1 cup sugar	Whites 2 eggs
Yolks 2 eggs	1½ squares unsweetened chocolate
½ cup milk	⅛ teaspoon salt
1⅜ cups flour	¼ teaspoon vanilla

Cream the butter, and add one-half the sugar gradually. Beat yolks of eggs until thick and lemon-colored, and add, gradually, remaining sugar. Combine mixtures, and add milk alternately with flour mixed and sifted with baking powder and salt; then add whites of eggs beaten until stiff, melted chocolate, and vanilla. Bake in an angel-cake pan, remove from pan, cool, fill the centre with whipped cream, sweetened and flavored, and pour around

Chocolate Sauce. Boil one cup sugar, one-half cup water, and few grains cream of tartar until of the consistency of a thin syrup. Melt one and one-half squares chocolate and pour on gradually the hot syrup. Cool slightly, and flavor with one-fourth teaspoon vanilla.

Custard Soufflé

3 tablespoons butter
¼ cup flour
¼ cup sugar
1 cup scalded milk
4 eggs
½ teaspoon salt

Melt butter, add flour, and gradually hot milk. Bring to boiling-point and pour on to yolks of eggs beaten until thick and lemon-colored, and mixed with sugar and salt; cool, and cut, and fold in whites of eggs beaten stiff and dry. Turn into buttered pudding dish, and bake from thirty to thirty-five minutes in slow oven; take from oven and serve at once, — if not served immediately it is sure to fall; serve with Creamy or Foamy Sauce.

Apricot Soufflé

Drain and reserve syrup from one can apricots and cut fruit into quarters, then put closely together on bottom of a buttered baking dish. Pour over Custard Soufflé mixture. Bake from thirty-five to forty minutes in a slow oven. Serve with apricot syrup and whipped cream sweetened and flavored with vanilla or vanilla ice cream. Canned peaches may be used in place of apricots.

Lemon Soufflé

Yolks 4 eggs
Grated rind and juice 1 lemon
1 cup sugar
Whites 4 eggs

Beat yolks until thick and lemon-colored, add sugar gradually and continue beating, then add lemon rind and juice. Cut and fold in whites of eggs beaten until dry; turn into buttered pudding dish, set in pan of hot water, and bake thirty-five to forty minutes. Serve with or without sauce.

Chocolate Soufflé

2 tablespoons butter
2 tablespoons flour
¾ cup milk
1½ squares unsweetened chocolate
⅓ cup sugar
2 tablespoons hot water
3 eggs
½ teaspoon vanilla

Melt the butter, add flour, and pour on gradually, while stirring constantly, milk; cook until boiling-point is reached. Melt chocolate in a small saucepan placed over hot water, add sugar and water, and stir until smooth. Combine mixtures, and add yolks of eggs well beaten; cool. Fold in whites of eggs beaten stiff, and add vanilla.

Turn into a buttered baking dish, and bake in a moderate oven twenty-five minutes. Serve with Cream Sauce I.

Mocha Soufflé

3 tablespoons butter
3 tablespoons bread flour
¾ cup boiled coffee (Mocha)
¼ cup cream
½ cup sugar
¼ teaspoon salt
4 eggs
½ teaspoon vanilla

Make and bake same as Chocolate Soufflé. Serve with

Mocha Sauce. Mix yolks two eggs, one-fourth cup sugar, and a few grains salt; then add gradually one-half cup Mocha coffee infusion. Cook in double boiler until mixture thickens, stirring constantly. Strain, cool, and fold in one cup whipped cream.

Fruit Soufflé

¾ cup fruit pulp, peach, apricot, or quince
Few grains salt
Whites 3 eggs
Sugar

Rub fruit through sieve; if canned fruit is used, first drain from syrup. Heat, and sweeten if needed; beat whites of eggs until stiff, add gradually hot fruit pulp, and salt, and continue beating; turn into buttered and sugared individual moulds, having them three-fourths full; set moulds in pan of hot water and bake in slow oven until firm, which may be determined by pressing with finger; serve with Sabayon Sauce.

Spanish Soufflé

¼ cup butter
½ cup stale bread crumbs
1 cup milk
2 tablespoons sugar
3 eggs
½ teaspoon vanilla

Melt butter, add crumbs, cook until slightly browned, stirring often; add milk and sugar, cook twenty minutes in double boiler; remove from fire, add unbeaten yolks of eggs, then cut and fold in whites of eggs beaten until stiff, and flavor. Bake same as Fruit Soufflé.

Chestnut Soufflé

¼ cup sugar
2 tablespoons flour
1 cup chestnut purée
½ cup milk
Whites 3 eggs

Mix sugar and flour, add chestnuts and milk gradually; cook five minutes, stirring constantly; beat whites of eggs until stiff, and cut and fold into mixture. Bake same as Fruit Soufflé; serve with Cream Sauce.

Chocolate Rice Meringue

2 cups milk
¼ cup rice
½ teaspoon salt
1 tablespoon butter
⅓ cup sugar
1 square melted chocolate
½ teaspoon vanilla
½ cup seeded raisins
Whites two eggs
½ cup heavy cream

Scald milk, add rice and salt, and cook until rice is soft. Add butter, sugar, chocolate, vanilla, and raisins. Cut and fold in the whites of eggs, beaten until stiff, and cream, beaten until stiff. Pour into a buttered baking dish, and bake fifteen minutes. Cover with a meringue made of the whites of three eggs, six tablespoons powdered sugar, and one-half teaspoon vanilla; then brown in a moderate oven.

Roxbury Pudding, Hot Chocolate Sauce

½ cup butter
1 cup sugar
½ cup milk
2½ cups flour
3½ teaspoons baking powder
Few grains salt
Whites 4 eggs

Work butter until creamy and add sugar gradually, while beating constantly; then add milk, flour mixed and sifted with baking powder, salt and whites of eggs, beaten until stiff. Turn into six well-buttered half-pound baking-powder tins, adjust covers, which should also be buttered, and put on trivet in kettle containing boiling water, allowing water to come only half-way up around mould. Cover closely and steam one hour, adding, as needed, more boiling water, never having the water reach a lower temperature than the boiling-point. Remove from mould and serve with Hot Chocolate Sauce (see p. 503).

Steamed Apple Pudding

2 cups flour
4 teaspoons baking powder
½ teaspoon salt
2 tablespoons butter
¾ cup milk
4 apples cut in eighths

Mix and sift dry ingredients; work in butter with tips of fingers, add milk gradually, mixing with a knife; toss on floured board, pat and roll out, place apples on middle of dough, and sprinkle with one

tablespoon sugar mixed with one-fourth teaspoon each of salt and nutmeg; bring dough around apples and carefully lift into buttered mould or five-pound lard pail; or apples may be sprinkled over dough, and dough rolled like a jelly roll; cover closely, and steam one hour and twenty minutes; serve with Vanilla or Cold Sauce. Twice the number of apples may be sprinkled with sugar and cooked until soft in granite kettle placed on top of range, covered with dough, rolled size to fit in kettle, then kettle covered tightly, and dough steamed fifteen minutes. When turned on dish for serving, apples will be on top.

Steamed Blueberry Pudding

Mix and sift dry ingredients and work in butter same as for Steamed Apple Pudding. Add one cup each of milk, and blueberries rolled in flour; turn into buttered mould and steam one and one-half hours. Serve with Creamy Sauce.

Steamed Cranberry Pudding

½ cup butter
1 cup sugar
3 eggs
3½ cups flour
1¼ tablespoons baking powder
½ cup milk
1½ cups cranberries

Cream the butter, add sugar gradually, and eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to first mixture, stir in berries, turn into buttered mould, cover, and steam three hours. Serve with thin cream, sweetened and flavored with nutmeg.

Ginger Pudding

⅓ cup butter
½ cup sugar
1 egg
2¼ cups flour
3½ teaspoons baking powder
¼ teaspoon salt
2 teaspoons ginger
1 cup milk

Cream the butter, add sugar gradually, and egg well beaten; mix and sift dry ingredients; add alternately with milk to first mixture. Turn into buttered mould, cover, and steam two hours; serve with Vanilla Sauce.

Steamed Ginger Sponge

½ cup butter
2 tablespoons sugar
2 eggs
1 cup milk
2½ cups flour
3 teaspoons baking powder
¼ teaspoon salt
½ cup Canton ginger, cut in small pieces
1 tablespoon ginger syrup

Cream butter and add sugar gradually and eggs, well beaten; then add milk alternately with flour, mixed and sifted with baking powder and salt. Add ginger and ginger syrup and turn into a buttered mould. Steam one and three-fourths hours. Remove from mould and serve with half-pint bottle heavy cream, beaten until stiff and sweetened with four tablespoons powdered sugar and flavored with two tablespoons ginger syrup.

Orange Cream Sponge

3 tablespoons butter
¼ cup flour
1 cup scalded milk
4 eggs
¼ cup sugar
1 tablespoon orange juice
1 teaspoon grated orange rind

Melt butter, add flour, and stir until well blended; then pour on milk gradually, while stirring constantly, and bring to the boiling-point. Add orange juice and grated rind to yolks of eggs and beat until thick and lemon-colored; then add sugar, continuing the beating. Combine mixtures and fold in whites of eggs, beaten until stiff and dry. Turn into a buttered melon mould and steam thirty-five minutes. Serve with Orange Sauce (see p. 501) or Creamy Sauce, flavored with juice and grated rind of orange.

Raisin Puff

½ cup butter
2 tablespoons sugar
2 eggs
1 cup milk
2¼ cups flour
2 teaspoons baking powder
¼ teaspoon salt
1 cup raisins

Cream butter, add sugar gradually and eggs, well beaten; then add milk alternately with two cups flour, mixed and sifted with baking powder and salt. Seed and chop raisins, dredge with remaining flour, and add to mixture. Turn into a buttered mould, adjust cover, and steam one and one-half hours. Remove to hot serving dish and serve with whipped cream, sweetened and flavored with grated nutmeg.

Honeycomb Pudding

1 cup sugar
1 cup flour
1 cup molasses
½ cup butter
½ cup lukewarm milk
1 teaspoon soda
4 eggs

Mix sugar and flour, then add molasses. Melt butter in milk and add soda. Combine mixtures, beat thoroughly and add egg, well

beaten. Turn into a buttered baking dish and bake in a moderate oven. Serve with Florodora Sauce.

Almond Pudding

4 tablespoons butter
⅓ cup sugar
½ cup molasses
2 eggs
½ cup milk
1½ cups flour
½ teaspoon soda
¼ teaspoon cinnamon
¾ cup almonds, blanched and roasted
¼ teaspoon salt

Cream butter, add sugar gradually, molasses and eggs, well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture; then add almonds, finely chopped. Turn into buttered mould and steam two and one-half hours, never allowing water to go below the boiling-point. Serve with whipped cream, sweetened and flavored with vanilla.

Harvard Pudding

⅓ cup butter
½ cup sugar
2½ cups flour
3½ teaspoons baking powder
¼ teaspoon salt
1 egg
1 cup milk

Mix and sift dry ingredients and work in butter with tips of fingers; beat egg, add milk, and combine mixtures; turn into buttered mould, cover, and steam two hours; serve with warm Apple Sauce and Hard Sauce.

Apple Sauce. Pick over and wash dried apples, soak over night in cold water to cover; cook until soft; sweeten, and flavor with lemon juice.

Steamed Chocolate Pudding

3 tablespoons butter
⅔ cup sugar
1 egg
1 cup milk
2¼ cups flour
4½ teaspoons baking powder
2½ squares unsweetened chocolate
¼ teaspoon salt

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour with baking powder and salt, and add alternately with milk to first mixture, then add chocolate, melted. Turn into a buttered mould. Cover, and steam two hours. Serve with

Cream Sauce

¼ cup butter
1 cup powdered sugar
½ teaspoon vanilla
½ cup heavy cream

Cream the butter, add sugar gradually, vanilla, and cream beaten until stiff.

Swiss Pudding

- ½ cup butter
- ⅞ cup flour
- 2 cups milk
- Grated rind one lemon
- 5 eggs
- ⅓ cup powdered sugar

Cream the butter, add flour gradually; scald milk with lemon rind, add to first mixture, and cook five minutes in double boiler. Beat yolks of eggs until thick and lemon-colored, add sugar gradually, then add to cooked mixture; cool, and cut and fold in whites of eggs beaten stiff. Turn into a buttered mould, cover and steam one and one-fourth hours.

Suet Pudding

- 1 cup finely chopped suet
- 1 cup molasses
- 1 cup milk
- 3 cups flour
- 1 teaspoon soda
- 1½ teaspoons salt
- Ginger, Clove, Nutmeg — ½ teaspoon each
- 1 teaspoon cinnamon

Mix and sift dry ingredients. Add molasses and milk to suet; combine mixtures. Turn into buttered mould, cover, and steam three hours; serve with Sterling Sauce. Raisins and currants may be added.

Graham Pudding

- ¼ cup butter
- ½ cup molasses
- ½ cup milk
- 1 egg
- 1½ cups Graham flour
- ½ teaspoon soda
- 1 teaspoon salt
- 1 cup raisins, seeded and cut in pieces

Melt butter, add molasses, milk, egg well beaten, dry ingredients mixed and sifted, and raisins; turn into buttered mould, cover, and steam two and one-half hours. Serve with Wine Sauce. Dates or figs cut in small pieces may be used in place of raisins.

St. James Pudding

- 3 tablespoons butter
- ½ cup molasses
- ½ cup milk
- 1⅞ cups flour
- ½ teaspoon soda
- Salt, Clove, Allspice, Nutmeg — ¼ teaspoon each
- ½ lb. dates, stoned and cut in pieces

Mix and steam same as Graham Pudding. Serve with Wine Sauce. A simple, delicious pudding without egg. Puddings may be steamed in buttered one-pound baking-powder boxes, providing they do not leak, and are attractive in shape and easy to serve.

Ohio Pudding

1 cup sugar
1 cup flour
2 teaspoons baking powder
1 teaspoon salt
1 teaspoon soda
1 cup finely grated raw potato
1 cup grated raw carrot
1 cup currants
1 cup seeded raisins

Mix and sift sugar, flour, baking powder, salt, and soda. Add remaining ingredients, and mix thoroughly. Turn into buttered one-half pound baking-powder cans and steam two hours. Serve with Ohio Sauce.

New England Pudding

8 common crackers
Butter
1 quart scalded milk
3 eggs
3 egg yolks
1 cup brown sugar
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon grated nutmeg
1½ cups seeded raisins
1 cup thin cream

Split crackers and spread with butter, using two teaspoons to each half cracker. Arrange alternate layers of crackers and raisins (which have been cooked in a very small quantity of boiling water until plump) in a buttered pudding dish. Pour over scalded milk, cover, and let stand one hour. Beat egg and egg yolks and add sugar, salt and spices and cream. Pour over first mixture and bake in a slow oven two and one-half hours. Serve with a hard or liquid sauce.

Thanksgiving Pudding I

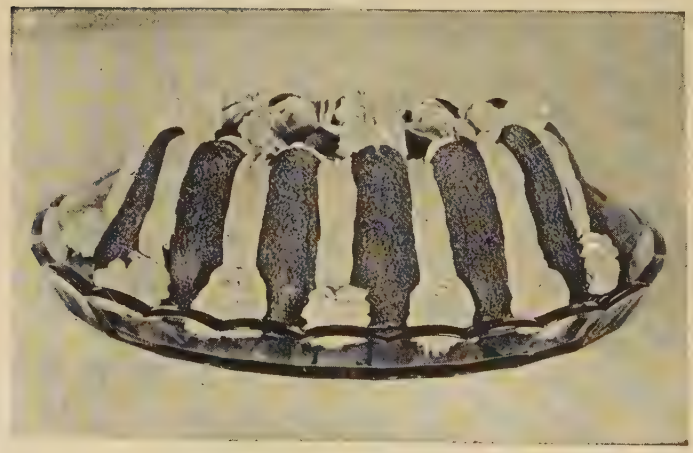
4 cups scalded milk
1¼ cups rolled crackers
1 cup sugar
4 eggs
⅓ cup melted butter
½ grated nutmeg
1 teaspoon salt
1½ cups raisins

Pour milk over crackers and let stand until cool; add sugar, eggs slightly beaten, nutmeg, salt, and butter; parboil raisins until soft, by cooking in boiling water to cover; seed, and add to mixture; turn into buttered pudding dish and bake slowly two and one-half hours, stirring after first half-hour to prevent raisins from settling; serve with hard or liquid sauce.

Irish Plum Pudding Steamed in Ring Mould and Garnished for Christmas.— *Page 496.*

Toasted Marshmallows. — *Page 523.*

Cold Pineapple Soufflé. — *Page 531.*



Charlotte Russe. — *Page 526.*

Thanksgiving Pudding II

- ½ cup suet
- ½ lb. figs, finely chopped
- 2½ cups stale bread crumbs
- ¾ cup milk
- 1 cup brown sugar
- 1 teaspoon salt
- ¾ teaspoon cinnamon
- ½ teaspoon grated nutmeg
- ½ cup English walnut meats
- ½ cup raisins, seeded and cut in pieces
- 2 tablespoons flour
- 4 eggs
- 2 teaspoons baking powder

Chop suet and work with the hand until creamy, then add figs. Soak bread crumbs in milk, add eggs well beaten, sugar, salt, and spices. Combine mixtures, add nut meats and raisins dredged with flour. Sprinkle over baking powder and beat thoroughly. Turn into a buttered mould, steam three hours, and serve with Yellow Sauce II.

Hunters' Pudding

- 1 cup finely chopped suet
- 1 cup molasses
- 1 cup milk
- 3 cups flour
- 1 teaspoon soda
- 1½ teaspoons salt
- Clove, Mace, Allspice — ½ teaspoon each
- 1 teaspoon cinnamon
- 1½ cups raisins
- 2 tablespoons flour

Mix same as Suet Pudding. Stone, cut, and flour raisins, and add to mixture. Then steam.

French Fruit Pudding

- 1 cup finely chopped suet
- 1 cup molasses
- 1 cup sour milk
- 1½ teaspoons soda
- 1 teaspoon cinnamon
- ½ teaspoon clove
- ½ teaspoon salt
- 1¼ cups raisins, seeded and chopped
- ¾ cup currants
- 2¾ cups flour

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Add molasses and sour milk to suet; add two cups flour mixed and sifted with soda, salt, and spices; add fruit mixed with remaining flour. Turn into buttered mould, cover, and steam four hours. Serve with Sterling Sauce.

Fig Pudding I

- 3 oz. beef suet
- ½ lb. figs, finely chopped
- 2½ cups stale bread crumbs
- ¾ teaspoon salt
- ½ cup milk
- 2 eggs
- 1 cup sugar

Chop suet, and work with the hands until creamy, then add figs. Soak bread crumbs in milk, add eggs well beaten, sugar, and salt. Combine mixtures, turn into a buttered mould, steam three hours Serve with Yellow Sauce I or II.

Fig Pudding II

¼ lb. suet
½ lb. figs (finely chopped)
1 large sour apple (cored, pared, and chopped)
¼ lb. brown sugar
¼ lb. bread crumbs
¼ cup milk
2 eggs
3 oz. flour

Cream the suet, and add figs, apple, and sugar. Pour milk over bread crumbs, and add yolks of eggs, well beaten; combine mixtures, add flour and whites of eggs beaten until stiff. Turn into buttered pudding mould, and steam four hours. Serve with Lemon Sauce III.

Sterling Fruit Pudding

1 cup suet
2⅔ cups stale bread crumbs
1 cup grated raw carrot
Yolks 4 eggs
1⅓ cups brown sugar
Grated rind 1 lemon
1 tablespoon vinegar
1 cup raisins
¾ cup currants
⅛ cup flour
1½ teaspoon salt
1 teaspoon cinnamon
½ teaspoon grated nutmeg
¼ teaspoon cloves
Whites 4 eggs

Work suet until creamy, using the hand, and add bread crumbs and carrot. Beat egg yolks until light and add gradually, while beating constantly, sugar. Combine mixtures and add lemon rind and vinegar. Mix raisins, seeded and cut in pieces, with currants and dredge with flour, mixed and sifted with salt and spices. Add to mixture with whites of eggs, beaten until stiff. Turn into a buttered mould garnished with citron (cut in thin slices, then in fancy shapes), and adjust cover. Steam three and one-half hours.

Irish Plum Pudding

2½ cups stale bread crumbs
1 cup milk
½ pound beef suet
½ cup sugar
½ cup maple syrup
1½ teaspoons salt
4 eggs
½ pound raisins
½ pound citron
½ pound currants
3 tablespoons flour
2 teaspoons baking powder
½ cup brandy

Put bread crumbs in double boiler, add milk and cook until milk is scalded. Chop suet and work with the hands until creamy; then add sugar gradually, while working constantly. Add maple syrup, salt, eggs well beaten, and raisins stoned and cut in pieces, citron cut in thin strips, and currants mixed and dredged with flour mixed with baking powder; combine mixtures and add brandy. Turn into a buttered mould, cover and steam twenty-four hours. It may be steamed twelve hours one day and twelve hours the next. Reheat in steamer for serving; the time required being about one and one-fourth hours.

English Plum Pudding I

½ lb. stale bread crumbs
1 cup scalded milk
¼ lb. sugar
4 eggs
½ lb. raisins, seeded, cut in pieces, and floured
¼ lb. currants
¼ lb. finely chopped figs
2 oz. finely cut citron
½ lb. suet
¼ cup wine, currant jelly, or grape juice
½ grated nutmeg
¾ teaspoon cinnamon
⅓ teaspoon clove
⅓ teaspoon mace
1½ teaspoons salt

Soak bread crumbs in milk, let stand until cool, add sugar, beaten yolks of eggs, raisins, currants, figs, and citron; chop suet, and cream by using the hand; combine mixtures, then add wine, currant jelly or grape juice, nutmeg, cinnamon, clove, mace, and whites of eggs beaten stiff. Turn into buttered mould, cover, and steam six hours.

English Plum Pudding II

6 ozs. flour
6 ozs. stale bread crumbs
¾ lb. raisins, seeded and cut in pieces
¾ lb. currants
¾ lb. suet, finely chopped
10 ozs. sugar
1 cup molasses
3 ozs. candied orange peel, finely cut
1 teaspoon grated nutmeg
1 teaspoon mace
6 eggs, well beaten
2 teaspoons salt

Mix ingredients in order given, turn into a thickly floured square of unbleached cotton cloth. Tie securely, leaving some space to allow the pudding to swell, and plunge into a kettle of boiling water. Cook five hours, allowing pudding to be immersed in water during the entire cooking. Serve with Hard and Liquid Sauce.

Hard Sauce. Cream one-third cup butter; add gradually one cup brown sugar and two tablespoons brandy, drop by drop. Force

through a pastry bag with rose tube, and garnish with green leaves and candied cherries.

Liquid Sauce. Mix one-half cup sugar, one-half tablespoon cornstarch, and a few grains salt. Add gradually, while stirring constantly, one cup boiling water, and boil five minutes. Remove from fire, add one tablespoon lemon juice and two tablespoons brandy; then color with fruit red.

CHAPTER XXV

PUDDING SAUCES

IN making sauces use saucepans of correct size for quantity of ingredients listed.

Lemon Sauce I

¾ cup sugar
¼ cup water
2 teaspoons butter
1 tablespoon lemon juice

Make a syrup by boiling sugar and water five minutes; remove from fire; add butter and lemon juice.

Lemon Sauce II

½ cup sugar
1 cup boiling water
1 tablespoon cornstarch
2 tablespoons butter
1½ tablespoons lemon juice
Few gratings nutmeg
Few grains salt

Mix sugar and cornstarch, add water gradually, stirring constantly; boil five minutes, remove from fire, add butter, lemon juice, and nutmeg.

Lemon Sauce III

⅓ cup butter
1 cup sugar
Yolks 3 eggs
½ cup boiling water
3 tablespoons lemon juice
Few gratings lemon rind

Cream butter, add sugar gradually, and yolks of eggs, slightly beaten; then add water, and cook over boiling water until mixture thickens. Remove from range, add lemon juice and rind. Serve with Apple Pudding or Popovers.

Vanilla Sauce

Make same as Lemon Sauce II, using one teaspoon vanilla in place of lemon juice and nutmeg.

Roxbury Sauce

Yolk 1 egg
1 cup powdered sugar
½ cup scalded milk
1 teaspoon cornstarch
⅛ teaspoon salt
½ teaspoon vanilla
1 tablespoon lemon juice
Grated rind ¼ lemon
White 1 egg

Beat egg yolk until thick and lemon-colored and add three-fourths of sugar gradually, while beating constantly. Mix remaining sugar with cornstarch and salt and pour on, gradually, scalded milk. Cook in double boiler ten minutes, stirring constantly, until mixture thickens and afterwards occasionally. Combine mixtures, add flavorings and egg white, beaten until stiff.

Cambridge Sauce

⅓ cup butter
1 cup powdered sugar
2 teaspoons flour
1½ tablespoons cold water
½ cup boiling water
1 teaspoon vanilla

Cream butter and add sugar, gradually, while beating constantly. Dilute flour with cold water, add gradually to boiling water and let boil five minutes. Cool and just before serving, combine mixtures and add flavoring.

Sea Foam Sauce

2 tablespoons butter
2 tablespoons flour
½ cup sugar
Yolk 1 egg
½ cup water
1 teaspoon vanilla
White 1 egg

Cream butter and add flour, mixed with sugar, gradually, while stirring constantly; then add egg yolk, well beaten, water and vanilla. Cook in double boiler until mixture thickens, stirring constantly at first, and afterwards occasionally. Cool and just before sending to table add egg white, beaten until stiff.

Molasses Sauce

1 cup molasses
1½ tablespoons butter
2 tablespoons lemon juice or
1 tablespoon vinegar

Boil molasses and butter five minutes; remove from fire and add lemon juice.

Cream Sauce I

¾ cup thick cream
⅓ cup powdered sugar
½ teaspoon vanilla

Beat cream slightly and add sugar gradually while beating constantly, using egg-beater; add vanilla and a few grains salt when stiff enough to hold its shape.

Cream Sauce II

1 egg
1 cup confectioners' sugar
½ cup thick cream
½ teaspoon vanilla

Beat white of egg until stiff; add yolk of egg well beaten, and sugar gradually. Beat cream until stiff, combine mixtures, and flavor.

Apricot Sauce

¾ cup apricot pulp
¾ cup heavy cream
Sugar

Drain canned apricots from their syrup, and rub through a sieve. Beat cream until stiff, add to apricot pulp, and sweeten to taste. Serve with German toast.

Yellow Sauce I

2 eggs
1 cup sugar
1 teaspoon vanilla or
½ teaspoon vanilla and
1 teaspoon brandy

Beat eggs until very light, add sugar gradually, and continue beating; then flavor.

Yellow Sauce II

2 eggs
1 cup confectioners' sugar
3 tablespoons wine or ⅔ teaspoon vanilla

Beat yolks of eggs until thick, add one-half the sugar gradually; beat whites of eggs until stiff, add gradually remaining sugar; combine mixtures, and add wine.

Orange Sauce I

Whites 3 eggs
1 cup powdered sugar
Juice and rind 2 oranges
Juice 1 lemon

Beat whites until stiff, add sugar gradually, and continue beating; add rind and fruit juices.

Orange Sauce II

Grated rind ½ lemon
Juice ½ lemon
½ cup orange juice
⅓ cup sugar
Few grains salt
Yolks 2 eggs
Whites 2 eggs
1 teaspoon vanilla

Mix grated rind, fruit juices, sugar, salt, and egg yolks, beaten slightly. Put on range and stir constantly until mixture thickens.

Add gradually, while beating constantly, to whites of eggs, beaten until stiff. Cool and add flavoring.

Strawberry Sauce I

½ cup butter — 1 cup confectioners' sugar
⅔ cup strawberries

Cream butter and add sugar gradually, while stirring constantly. Wash, hull, and drain berries; add to first mixture one at a time, beating between each addition until well blended. If these directions are not followed, sauce will have a curdled appearance.

Strawberry Sauce II

½ cup butter — White 1 egg
1 cup powdered sugar — ⅔ cup strawberries

Cream the butter, add sugar gradually, egg beaten until stiff, and strawberries. Beat until fruit is mashed.

Raspberry Sauce

½ cup butter — 1½ cups confectioners' sugar
¼ cup Raspberry Syrup

Cream the butter and add sugar gradually while stirring and beating constantly; then add Raspberry Syrup (see p. 722) slowly (at first drop by drop) to prevent a separation. Serve with Sally's Bread Pudding, Cottage Pudding, boiled rice, etc.

Creamy Sauce I

¼ cup butter — 2 tablespoons warm milk
¾ cup powdered sugar — 2 tablespoons wine or
1 teaspoon vanilla

Cream the butter, add sugar gradually, and milk and wine drop by drop. If liquids are added too fast the sauce will have a curdled appearance.

Creamy Sauce II

Use same proportions as given in recipe I. If not careful in adding liquids, it will curdle; but this will make no difference, as the sauce is to be warmed over hot water. By careful watching and constant stirring, the ingredients will be perfectly blended; it should be creamy in consistency.

Foamy Sauce I

½ cup butter
1 cup powdered sugar
1 egg
2 tablespoons wine or 1 teaspoon vanilla

Cream the butter, add gradually sugar, egg well beaten, and wine; beat while heating over hot water.

Foamy Sauce II

Whites 2 eggs
1 cup powdered sugar
¼ cup hot milk
1 teaspoon vanilla

Beat eggs until stiff, add sugar gradually, and continue beating; add milk and vanilla.

Chocolate Sauce

2 cups milk
1½ tablespoons cornstarch
2 squares unsweetened chocolate
4 tablespoons powdered sugar
2 tablespoons hot water
2 eggs
⅔ cup powdered sugar
1 teaspoon vanilla

Scald one and three-fourths cups milk, add cornstarch diluted with remaining milk, and cook eight minutes in double boiler; melt chocolate over hot water, add four tablespoons sugar and hot water, stir until smooth, then add to cooked mixture; beat whites of eggs until stiff, add gradually powdered sugar and continue beating, then add unbeaten yolks, and stir into cooked mixture; cook one minute, add vanilla, and cool before serving.

Hot Chocolate Sauce

1 square unsweetened chocolate
1 tablespoon melted butter
⅓ cup boiling water
1 cup sugar
½ teaspoon vanilla

Melt chocolate in saucepan, placed in larger saucepan of boiling water. Add butter and when thoroughly blended, pour on gradually, while stirring constantly, boiling water; then add sugar. Bring to the boiling-point and let boil fourteen minutes. Cool slightly and flavor with vanilla.

Yankee Sauce

½ cup butter
1 cup powdered sugar
1 tablespoon cornstarch
2½ tablespoons cold water
1 cup boiling water
1 teaspoon vinegar
1¼ teaspoons vanilla

Cream butter, and add gradually, while beating constantly, powdered sugar. Dilute cornstarch with cold water and add gradually to boiling water. Bring to the boiling-point and let boil until liquid is clear. Combine mixtures, stirring briskly, and flavor with vinegar and vanilla. Especially good with Steamed Berry Pudding.

Sabayon Sauce

Grated rind and juice ½ lemon
½ cup white wine or
¼ cup Sherry
⅓ cup sugar
2 eggs

Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until it thickens, using a wire whisk; pour on to whites of eggs beaten stiff.

Cream Sabayon Sauce

½ cup milk
½ cup cream
Yolks 2 eggs
2 tablespoons sugar
2 tablespoons Sherry wine
½ teaspoon vanilla
Few grains salt
Whites 2 eggs

Scald milk and cream in doubler boiler. Beat yolks of eggs until thick and add sugar. Pour milk and cream gradually, while beating constantly, on egg mixture and cook in double boiler until mixture thickens. Add wine, vanilla, and salt and pour over whites of eggs, beaten until stiff.

Monroe Sauce

2 cups brown sugar
1 cup boiling water
4 tablespoons cold water
2 teaspoons cornstarch
4 tablespoons butter
1 teaspoon vanilla
Slight grating nutmeg
Few grains salt

Make a syrup by boiling sugar and water twelve minutes. Add cold water to cornstarch and stir until smooth; then add gradually, while stirring constantly, to syrup and let simmer forty minutes. Add butter, vanilla, nutmeg, and salt and serve at once.

San Monica Sauce

1 tablespoon butter
1 tablespoon flour
¼ cup sugar
½ cup milk
Yolk 1 egg
1 banana
Few grains salt
½ cup heavy cream

Cream butter, add flour, and stir until well blended; then add sugar gradually. Scald milk, add mixture, and stir constantly until thick-

ened. Add egg yolk slightly beaten and cook three minutes; then add banana, skinned, scraped and forced, through a strainer. Chill and add salt and cream, beaten until stiff.

Hard Sauce

½ cup butter
1 cup confectioners' sugar or
¾ cup granulated sugar
½ teaspoon lemon extract
⅔ teaspoon vanilla

Cream butter, and add sugar gradually, while beating constantly; then add flavoring.

Denver Sauce

¼ cup butter
1 cup powdered sugar
2 tablespoons coffee infusion
2 teaspoons breakfast cocoa
1 teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly; then add coffee, drop by drop, cocoa, and vanilla.

Sterling Sauce

½ cup butter
1 cup brown sugar
1 teaspoon vanilla or
2 tablespoons wine
4 tablespoons cream or milk

Cream the butter, add sugar gradually, and milk and flavoring drop by drop to prevent separation.

Ohio Sauce

½ cup butter
1 cup brown sugar
4 tablespoons cream
2 tablespoons chopped nut meats
2 tablespoons chopped dates
½ teaspoon lemon extract

Cream butter, add sugar gradually, while beating constantly, and cream, drop by drop; then add remaining ingredients.

Wine Sauce

½ cup butter
1 cup powdered sugar
3 tablespoons Sherry or Madeira wine
Slight grating nutmeg

Cream the butter, add sugar gradually, and wine slowly; pile on on glass dish, and sprinkle with grated nutmeg.

Brandy Sauce

¼ cup butter
1 cup powdered sugar
2 tablespoons brandy
Yolks 2 eggs
Whites 2 eggs
½ cup milk or cream

Cream the butter, add sugar gradually, then brandy very slowly, well beaten yolks, and milk or cream. Cook over hot water until mixture thickens, and pour on to beaten whites.

Caramel Brandy Sauce

Make same as Brandy Sauce, substituting brown sugar in place of powdered sugar.

Dearborn Sauce

½ cup butter
1 cup brown sugar
2 tablespoons cream
1½ tablespoons Sherry wine
2 teaspoons brandy
Few grains salt

Cream butter and add sugar, gradually, while beating constantly. Add cream, and wine and brandy, drop by drop, to prevent a separation; then add salt.

Peach Brandy Sauce

½ cup butter
1 cup powdered sugar
Whites 2 eggs
⅛ teaspoon salt
½ cup heavy cream
2 tablespoons Peach Brandy

Cream butter and add sugar gradually, while beating constantly; then add whites of eggs, beaten until stiff, and salt. Place over hot water and stir constantly until mixture is heated. Remove from range and add cream, beaten until stiff, and brandy.

Florodora Sauce

White 1 egg
¾ cup powdered sugar
Yolk 1 egg
¾ cup heavy cream
2 tablespoons Madeira wine
Few grains salt

Beat egg white until stiff and add, gradually, while beating constantly, sugar; then add egg yolk, beaten until thick and lemon-colored, cream beaten until stiff, wine, and salt.

Brandy Mousselaine Sauce

Yolks 4 eggs
1 cup powdered sugar
2 tablespoons brandy
1 cup heavy cream
1 teaspoon vanilla
Few grains salt

Beat yolks of eggs until light and add gradually, while stirring constantly, sugar and brandy. Cook over range five minutes, stirring constantly. Set pan containing mixture in larger pan of ice water and beat until cold; then add cream, beaten until stiff, vanilla, and salt.

Dewey Sauce

1 cup sugar
¼ cup water
Yolks 2 eggs
2 tablespoons rum
1 teaspoon curaçoa
Red coloring

Put sugar and water in saucepan, bring to boiling-point, and let boil until a thin syrup is formed. Pour slowly on the well beaten yolks of eggs and cook, stirring constantly, until mixture thickens slightly. Color red, cool slightly, add flavorings, and stir slightly. Serve with vanilla ice cream.

White Wine Sauce

½ cup sugar
½ tablespoon cornstarch
Grated rind ½ lemon
Juice ½ lemon
Yolks 2 eggs
1 cup white wine
Few grains salt
Whites 2 eggs

Mix sugar and cornstarch and add lemon rind and juice, yolks of eggs, slightly beaten, wine, and salt. Place saucepan containing mixture on range and stir constantly until the boiling-point is reached. Remove from range and add whites of eggs, beaten until stiff.

CHAPTER XXVI

COLD DESSERTS

Irish Moss Blanc-Mange

⅓ cup Irish moss
4 cups milk
¼ teaspoon salt
1½ teaspoons vanilla

Soak moss fifteen minutes in cold water to cover, drain, pick over, and add to milk; cook in double boiler thirty minutes; the milk will seem but little thicker than when put on, but if cooked longer blanc-mange will be too stiff. Add salt, strain, flavor, re-strain, and fill individual moulds first dipped in cold water; chill, turn on glass dish, surround with thin slices of banana, and place a slice on each mould. Serve with sugar and cream.

Chocolate Blanc-Mange

Melt one and one-half squares unsweetened chocolate, add one-fourth cup sugar and one-third cup boiling water, stir until perfectly smooth, and add to Irish Moss Blanc-Mange mixture just before taking from fire. Serve with sugar and cream.

Irish Moss Blanc-Mange with Figs

Garnish Irish Moss Blanc-Mange with canned fresh figs and serve with sugar and cream.

Berkshire Cornstarch Pudding

2 squares unsweetened chocolate
2 cups milk
¼ cup sugar
3 tablespoons cornstarch
¼ teaspoon salt
¼ cup milk
½ teaspoon vanilla

Put chocolate and two cups milk in double boiler. Mix sugar, cornstarch, and salt and when well blended, pour on gradually one-fourth cup milk. Add to milk which has scalded with chocolate and cook fifteen minutes, stirring constantly until mixture thickens and afterwards occasionally. Add flavoring and turn into a serving dish. Chill and serve with or without sugar and cream.

Rebecca Pudding

4 cups scalded milk
½ cup cornstarch
¼ cup sugar
¼ teaspoon salt
½ cup cold milk
1 teaspoon vanilla
Whites 3 eggs

Mix cornstarch, sugar, and salt, dilute with cold milk, add to scalded milk, stirring constantly until mixture thickens, afterwards occasionally; cook fifteen minutes in double boiler. Add flavoring and whites of eggs beaten stiff, mix thoroughly, mould, chill, and serve with Yellow Sauce I or II.

Moulded Snow

Make same as Rebecca Pudding, and serve with Chocolate Sauce.

Pineapple Pudding

2¾ cups scalded milk
¼ cup cold milk
⅓ cup cornstarch
¼ cup sugar
¼ teaspoon salt
½ can grated pineapple
Whites 3 eggs

Follow directions for Rebecca Pudding, and add pineapple just before moulding. Fill individual moulds, previously dipped in cold water. Serve with cream.

Jordan Pudding

2 cups boiling water
¾ cup sugar
¼ teaspoon salt
5 tablespoons cornstarch
¼ cup cold water
Whites 2 eggs
⅓ cup lemon juice

Add sugar and salt to boiling water. Dilute cornstarch with cold water and combine mixtures. Bring to the boiling-point, stirring constantly, and let boil five minutes; then add whites of eggs, beaten until stiff, and lemon juice. Turn into a mould, first dipped in cold water, and chill.

Remove from mould and serve with Custard Sauce.

Chocolate Cream

2 cups scalded milk
5 tablespoons cornstarch
⅓ cup sugar
¼ teaspoon salt
⅓ cup cold milk
1½ squares unsweetened chocolate
Whites 3 eggs
1 teaspoon vanilla

Mix cornstarch, sugar, and salt, dilute with cold milk, add slowly to scalded milk, and cook over hot water ten minutes, stirring constantly until thickened; melt chocolate over hot water, stir until smooth, and add to cooked mixture; add to whites of eggs beaten stiff; then add vanilla. Mould, chill, and serve with cream.

Caramel Junket

2 cups milk
⅓ cup sugar
⅓ cup boiling water
1 junket tablet
Few grains salt
1 teaspoon vanilla
Whipped cream, sweetened and flavored
Chopped nut meats

Heat milk until lukewarm. Caramelize sugar, add boiling water, and cook until syrup is reduced to one-third cup. Cool, and add milk slowly to syrup. Reduce junket tablet to powder, using a small mallet, add to mixture, with salt and vanilla. Turn into a glass dish, let stand in warm place until set, then chill. Cover with whipped cream and sprinkle with chopped nuts.

Cold Chocolate Bread Pudding

1 cup soft stale bread crumbs
1½ squares unsweetened chocolate
1 cup sugar
2 cups milk
Yolks 3 eggs
2 tablespoons butter
¼ teaspoon salt
½ teaspoon vanilla

Add bread, chocolate, and sugar to cold milk, reserving one-half cup. Put in double boiler and let cook until a smooth paste is formed. Beat yolks of eggs until light, add reserved milk, butter, and salt, and stir into hot mixture. Cook until mixture thickens, then add vanilla. Turn in a buttered pudding dish and bake in a moderate oven twenty minutes. Cool slightly, cover with meringue, and bake in a moderate oven eight minutes. Serve very cold.

For the meringue beat the whites of three eggs until stiff and add, gradually, one-fourth cup powdered sugar, continuing the beating; then cut and fold in one-fourth cup powdered sugar and add one-half teaspoon vanilla.

Boiled Custard

2 cups scalded milk
Yolks 3 eggs
¼ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla

Beat eggs slightly, using a fork, add sugar and salt; stir constantly while adding gradually hot milk. Cook in double boiler, continue

stirring until mixture thickens and a coating is formed on the spoon, strain immediately; chill and flavor. If cooked too long the custard will curdle; should this happen, by using an egg-beater it may be restored to a smooth consistency, but custard will not be as thick. Eggs should be beaten slightly for custard, that it may be of smooth, thick consistency. To prevent scum from forming, cover with a perforated tin. When eggs are scarce, use yolks two eggs and one-half tablespoon cornstarch.

Tipsy Pudding

Flavor Boiled Custard with Sherry wine, and pour over slices of stale sponge cake; cover with Cream Sauce I or II.

Peach Custard

Arrange alternate layers of stale cake and sections of canned peaches in glass dish and pour over Boiled Custard. Bananas may be used instead of peaches; it is then called *Banana Custard.*

Orange Custard

Arrange slices of sweet oranges in glass dish, and pour over Boiled Custard; chill, and cover with Meringue I.

Apple Meringue

Use Meringue I and pile lightly on baked apples, brown in oven, cool, and serve with Boiled Custard. Canned peaches, drained from their liquor, may be prepared in the same way.

Apple Snow

Whites 3 eggs
¾ cup apple pulp
Powdered sugar

Pare, quarter, and core four sour apples, steam until soft, and rub through sieve; there should be three-fourths cup apple pulp. Beat on a platter whites of eggs until stiff (using wire whisk), add gradually apples sweetened to taste, and continue beating. Pile lightly on glass dish, chill, and serve with Boiled Custard.

Fig Custard

1 quart milk
2 tablespoons cornstarch
¾ cup sugar
¼ teaspoon salt
Yolks 3 eggs
½ pound figs
¼ cup boiling water
¼ cup sugar
1½ tablespoons lemon juice
Whites 3 eggs
3 tablespoons powdered sugar

Scald milk. Mix cornstarch, sugar, and salt. Pour on gradually scalded milk and cook in double boiler ten minutes. Add egg yolks, slightly beaten, and cook three minutes.

Cut figs in small pieces, put in double boiler, add water, sugar, and two-thirds lemon juice and cook until figs are soft. Combine mixtures and cool; then turn into serving dish. Beat whites of eggs until stiff and add powdered sugar gradually, while beating constantly; then add remaining lemon juice. Pile by spoonfuls over pudding, just as sending to table. This meringue, to be at its best, cannot stand long.

Orange Cream

4 tablespoons cornstarch
½ cup cold milk
3½ cups scalded milk
Yolks 2 eggs
2 tablespoons sugar
½ teaspoon salt
½ teaspoon orange extract

Mix cornstarch with cold milk, add gradually to scalded milk, and cook in a double boiler fifteen minutes, stirring constantly until mixture thickens and afterwards occasionally. Beat yolks of eggs and add sugar and salt. Add to first mixture and cook three minutes. Turn into a serving dish, sprinkle with two tablespoons granulated sugar, cover, and let stand until cold. Cover with a meringue and surround with a border of sections of orange. Serve with thin cream.

For the meringue beat the whites two eggs until stiff, and add gradually, while beating constantly, two tablespoons powdered sugar, one-half teaspoon vanilla, and a few grains salt. Poach by heaping tablespoons in boiling water.

Prune Whip

⅓ lb. prunes = 15 prunes
Whites 5 eggs
½ cup sugar
½ tablespoon lemon juice

Pick over and wash prunes, then soak several hours in cold water to cover; cook in same water until soft; remove stones and rub prunes through a strainer, add sugar, and cook five minutes; the mixture should be of the consistency of marmalade. Beat whites of eggs until stiff, add prune mixture gradually when cold, and lemon juice. Pile lightly on buttered pudding dish, bake twenty minutes in slow oven. Serve cold with Boiled Custard

Prune Pudding

¾ lb. prunes = 33 prunes ½ cup sugar
Whites 4 eggs

Wash and pick over prunes. Put in a saucepan, cover with cold water, and soak two hours. Cook in same water until soft, when water should be nearly evaporated. Remove stones and cut prunes in small pieces; then sprinkle with sugar. Beat whites of eggs until stiff and add prunes gradually. Pour into a slightly buttered pudding dish and bake in a moderate oven twenty-five minutes. Chill and serve with Custard Sauce or whipped cream, sweetened and flavored with vanilla.

Raspberry Whip

1¼ cups raspberries 1 cup powdered sugar
White 1 egg

Put ingredients in bowl and beat with wire whisk until stiff enough to hold in shape; about thirty minutes will be required for beating. Pile lightly on dish, chill, surround with lady fingers, and serve with Boiled Custard.

Strawberry Whip may be prepared in same way.

Baked Custard

4 cups scalded milk ½ cup sugar
4 to 6 eggs ¼ teaspoon salt
Few gratings nutmeg

Beat eggs slightly, add sugar and salt, pour on slowly scalded milk; strain in butter mould, set in pan of hot water lined with several thicknesses of paper. Sprinkle with nutmeg, and bake in slow oven until firm, which may be readily determined by running a silver knife through custard; if knife comes out clean, custard is done. During baking, care must be taken that water surrounding mould does not reach boiling-point, or custard will whey. Always bear in mind that eggs and milk in combination must be cooked at a low temperature. For *cup custards* allow four eggs to four cups milk; for large moulded custard, six eggs; if less eggs are used custard is liable to crack when turned on a serving dish.

Caramel Custard

4 cups scalded milk ½ teaspoon salt
5 eggs 1 teaspoon vanilla
½ cup sugar

Put sugar in iron frying pan, and stir constantly over hot part of range until melted to a syrup of light brown color. Add gradually to milk, being careful that milk does not bubble up and go over, as is liable on account of high temperature of sugar. As soon as sugar is melted in milk, add mixture gradually to eggs slightly beaten; add salt and flavoring, then strain in buttered mould. Bake as custard. Chill, and serve with Caramel Sauce.

Caramel Sauce

3 tablespoons sugar — ¼ cup boiling water

Melt sugar as for Caramel Custard, add water, and boil six minutes; cool before serving.

Coffee Custard

2 cups milk
2 tablespoons ground coffee
3 eggs
¼ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla

Scald milk with coffee, and strain. Beat eggs slightly; add sugar, salt, vanilla, and milk. Strain into buttered individual moulds, set in pan of hot water, and bake until firm.

Baked French Custard

1 pint thin cream
Whites 3 eggs
2 tablespoons sugar
½ teaspoon vanilla
¼ teaspoon salt

Heat cream in double boiler. Beat whites of eggs until stiff and add sugar, vanilla, and salt. Add mixture to cream and beat, using egg beater. Turn into buttered cups, set in pan of hot water, and bake until firm. Chill thoroughly, remove from moulds, and serve with sugar and cream.

Danish Custard

⅔ cup sugar, caramelized
¼ cup sugar
5 eggs
1 quart milk
½ teaspoon salt
1 teaspoon vanilla

Put two-thirds cup sugar in agate pudding dish, place on hot part of range, and stir constantly until sugar is melted and a syrup of light brown color is formed; then set pan at once in larger pan of cold water to stop the cooking and let stand about one minute, turning the pan to allow the caramel to coat sides as well as bottom. Beat eggs

slightly, add plain sugar, milk, salt, and vanilla, and strain into pan lined with caramel. Set in pan of hot water and bake until firm. During the baking, do not allow the water surrounding the mould to reach the boiling-point, or custard will whey. Chill and turn on a glass serving dish.

Ginger Custard

Canton ginger
4 eggs
2 cups milk
½ cup sugar
¼ teaspoon salt
2 tablespoons rum

Cut Canton ginger in thin strips and use for garnishing sides of buttered individual moulds. Beat eggs slightly, add sugar, milk, and seasonings, and strain into moulds. Set in pan of hot water and bake until firm. Chill thoroughly and remove from moulds to serving dish.

Tapioca Cream

¼ cup pearl tapioca or 1½ tablespoons minute tapioca
2 cups scalded milk
2 eggs
⅓ cup sugar
¼ teaspoon salt
1 teaspoon vanilla

Pick over tapioca and soak one hour in cold water to cover, drain, add to milk, and cook in double boiler until tapioca is transparent. Add half the sugar to milk and remainder to egg yolks slightly beaten, and salt. Combine by pouring hot mixture slowly on egg mixture, return to double boiler, and cook until it thickens. Remove from range and add whites of eggs beaten stiff. Chill and flavor.

Pineapple Tapioca Cream

2 cups milk
3 tablespoons minute tapioca
Yolks 2 eggs
¼ teaspoon salt
10 marshmallows
1 cup sugar
⅓ cup water
Whites 2 eggs
1 tablespoon lemon juice
½ cup small cubes canned, sliced pineapple

Scald milk, add tapioca and cook until tapioca is transparent; then add yolks of eggs slightly beaten, and salt. Let stand until cold. Cook sugar and water until syrup will spin a thread when dropped from tip of spoon. Pour syrup gradually while stirring constantly on whites of eggs, beaten until stiff and add lemon. Add one-half meringue to tapioca mixture with pineapple cubes. Spread with remaining meringue mixture and chill.

Norwegian Prune Pudding

½ lb. prunes = 22 prunes
2 cups cold water
1 cup sugar
⅛ teaspoon salt
1-inch piece stick cinnamon
1½ cups boiling water
¼ cup cornstarch
1 tablespoon lemon juice

Pick over and wash prunes, then soak one hour in cold water, and boil until soft in same water. Obtain meat from stones and add to prunes and water; then add sugar, salt, cinnamon, boiling water, and simmer ten minutes. Dilute cornstarch with enough cold water to pour easily, add to prune mixture, and stir constantly while cooking five minutes. Remove cinnamon, add lemon juice, mould, then chill, and serve with cream.

Nut Prune Soufflé

Follow recipe for Norwegian Prune Pudding, then add whites two eggs beaten stiff and one-half cup walnut meats broken in pieces.

Apples in Bloom

Select eight red apples, cook in boiling water until soft, turning them often. Have water half surround apples. Remove skins carefully, that the red color may remain, and arrange on serving dish. To the water add one cup sugar, grated rind one-half lemon, and juice one orange; simmer until reduced to one cup. Cool, and pour over apples. Serve with Cream Sauce I or II.

Neapolitan Baskets

Bake sponge cake in gem pans, cool, and remove centres. Fill with Cream Sauce I, flavoring half the sauce with chocolate. Melt chocolate, dilute with hot water, cool, and add Cream Sauce slowly to chocolate. Garnish with candied cherries and angelica and insert strips of angelica to represent handles.

Wine Cream

Arrange lady fingers or slices of sponge cake in a dish, pour over cream made as follows: Mix one-third cup sugar, grated rind and juice one-half lemon, one-fourth cup Sherry wine, and yolks of two eggs; place over fire and stir vigorously with wire whisk until it thickens and is frothy, then pour over beaten whites of two eggs, and continue beating.

Orange Salad

Arrange layers of sliced oranges, sprinkling each layer with powdered sugar and shredded cocoanut. Sliced oranges when served alone should not stand long after slicing as they are apt to become bitter.

Fruit Salad I

Arrange alternate layers of shredded pineapple, sliced bananas, and sliced oranges, sprinkling each layer with powdered sugar. Chill before serving.

To Shred Pineapple. Pare and cut out eyes, pick off small pieces with a silver fork, continuing until all soft part is removed.

To Slice Oranges. Remove skin and white covering, slice lengthwise that the tough centre may not be served; seeds should be removed.

Fruit Salad II

Pare a pineapple and cut in one-quarter-inch slices, remove hard centres, sprinkle with powdered sugar, set aside one hour in a cool place; drain, spread on serving dish, arrange a circle of thin slices of banana on each piece, nearly to the edge, pile strawberries in centre, pour over syrup drained from pineapple, sprinkle with powdered sugar, and serve with or without Cream Sauce.

Fruit Salad with Wine Dressing

Arrange alternate layers of sliced fruit, using pineapples, bananas, oranges, and grapes; pour over all Wine Dressing, and let stand one hour in a cold place.

Wine Dressing

Mix one-half cup sugar, one-third cup Sherry wine, and two tablespoons Madeira.

Cream Whips

Beat cream until stiff, sweeten, and flavor with vanilla. Half fill frappé glasses with any preserve, pile on lightly the whipped cream.

Sautéed Pears with Chocolate Sauce

Pare four Bartlett pears, cut in fourths lengthwise, and sauté in butter until browned. Canned pears drained from their syrup may be used in place of fresh fruit. Arrange in serving dish and pour over

Chocolate Sauce. Cook two ounces sweet chocolate, one tablespoon sugar, and one and one-fourth cups milk in double boiler five minutes:

then add one teaspoon arrowroot mixed with one-fourth cup cream and a few grains salt, and cook ten minutes. Melt one and one-half tablespoons butter, add one-fourth cup powdered sugar, and cook until well caramelized, stirring constantly. Add to first mixture, and flavor with one-half teaspoon vanilla. Chill thoroughly.

Lemon Jelly I

2 tablespoons granulated gelatine
½ cup cold water
2½ cups boiling water
1 cup sugar
½ cup lemon juice

Soak gelatine five minutes in cold water, dissolve in boiling water, strain, and add to sugar and lemon juice. Turn into mould, and chill.

Lemon Jelly II

1½ cups cold water
1 cup sugar
4 cloves
½ inch piece stick cinnamon
1 tablespoon granulated gelatine
2 tablespoons cold water
¼ cup lemon juice
Few grains salt

Put water, sugar, cloves, and cinnamon in saucepan, place on range, stir until sugar has dissolved, and bring to boiling-point. Add gelatine which has soaked in cold water five minutes. Stir until gelatine has dissolved; then add lemon juice and salt. Strain into a mould, and chill thoroughly.

Orange Jelly

2 tablespoons granulated gelatine
½ cup cold water
1½ cups boiling water
1 cup sugar
1½ cups orange juice
3 tablespoons lemon juice

Make same as Lemon Jelly.

To Remove Juice from Oranges. Cut fruit in halves crosswise, remove with spoon pulp and juice from sections, and strain through double cheesecloth; or use a glass lemon squeezer.

Kumquat Jelly

1½ cups kumquat juice
½ cup sugar
¼ cup Sauterne
1½ tablespoons Orange Curaçoa
1 tablespoon granulated gelatine
2 tablespoons cold water
Few grains salt

Wipe three-fourths box kumquats, cut in slices, add cold water to cover, bring slowly to boiling-point, and cook slowly one-half hour;

then strain; there should be one and one-half cups juice. Add sugar, wine, and curaçoa. Soak gelatine in cold water, and add to first mixture heated to boiling-point; then add salt. Strain, turn into individual mould, and chill. Remove to serving dish, and garnish with halves of kumquats, cooked in syrup until soft, drained, and rolled in sugar.

Pineapple Jelly

2 cups boiling water
½ cup sugar
1 cup pineapple juice
3 tablespoons lemon juice
2 tablespoons granulated gelatine
2 tablespoons cold water
1⅓ cups pineapple cubes

Pour water over sugar and when sugar has dissolved, add gelatine soaked in cold water five minutes; then add juice drained from canned pineapple and lemon juice and strain. When mixture begins to thicken, add canned pineapple, cut in one-half-inch cubes. Turn into a mould, first dipped in cold water, and chill thoroughly.

Coffee Jelly

2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
⅓ cup sugar
2 cups boiled coffee

Make same as Lemon Jelly. Serve with sugar and cream.

Cider Jelly

2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
2 cups cider
Sugar

Make same as Lemon Jelly.

Wine Jelly I

2¼ tablespoons granulated gelatine
½ cup cold water
1⅔ cups boiling water
1 cup sugar
1 cup Sherry or Madeira wine
⅓ cup orange juice
3 tablespoons lemon juice

Soak gelatine five minutes in cold water, dissolve in boiling water; add sugar, wine, orange juice, and lemon juice; strain, mould, and chill. If a stronger jelly is desired, use additional wine in place of orange juice.

Wine Jelly II

2½ tablespoons granulated gelatine
½ cup cold water
1⅔ cups boiling water
1 cup sugar
½ cup Sherry wine
2 tablespoons brandy
Kirsch
⅓ cup orange juice
3 tablespoons lemon juice
Fruit red

Soak gelatine five minutes in cold water, dissolve in hot water, add sugar, fruit juices, Sherry, brandy, and enough Kirsch to make one cup of strong liquor, then color with fruit red. Strain, mould, and chill. Serve with or without Cream Sauce I.

Russian Jelly

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
⅔ cup sugar
½ cup Loganberry juice
1½ tablespoons lemon juice
¼ cup orange juice

Make same as other jellies, cool slightly, and beat until frothy and firm enough to mould. Turn into mould and chill.

Jelly in Glasses

Use recipe for Wine or Russian Jelly. Fill Apollinaris glasses three-fourths full, reserving one-fourth of the mixture, which, after cooling, is to be beaten until frothy (using an egg-beater) and placed on top of jelly in glasses which represents freshly drawn lager beer.

Sauterne Jelly

Soak two tablespoons granulated gelatine in one-half cup cold water, and dissolve in one and one-half cups boiling water. Add one and one-half cups Sauterne, three tablespoons lemon juice, and one cup sugar. Color with leaf green, strain into a shallow pan, chill, and cut in inch cubes.

Jellied Prunes

½ lb. prunes
2 cups cold water
Boiling water
½ cup cold water
2½ tablespoons granulated gelatine
1 cup sugar
¼ cup lemon juice

Pick over, wash, and soak prunes for several hours in two cups cold water, and cook in same water until soft; remove prunes; stone, and cut in quarters. To prune water add enough boiling water to make

two cups. Soak gelatine in half-cup cold water, dissolve in hot liquid, add sugar, lemon juice, then strain, add prunes, mould, and chill. Stir twice while cooling to prevent prunes from settling. Serve with sugar and cream.

Jellied Walnuts

1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup boiling water
¾ cup sugar
½ cup Sherry wine
½ cup orange juice
3 tablespoons lemon juice

Make same as other jellies and cover bottom of shallow pan with one-half the mixture. When nearly firm, place over it, one inch apart, halves of English walnuts. Cover with remaining mixture. Chill, and cut in squares. Serve with whipped cream sweetened and flavored.

Apricot and Wine Jelly

2 tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
1 cup apricot juice
1 cup wine
1 cup sugar
1 tablespoon lemon juice

Garnish individual moulds with halves of canned apricots, fill with mixture made same as for other jellies, and chill. Arrange on serving dish and garnish with whipped cream forced through a pastry bag and tube.

Snow Pudding I

1 tablespoon granulated gelatine
¼ cup cold water
1 cup boiling water
1 cup sugar
¼ cup lemon juice
Whites 3 eggs

Soak gelatine in cold water, dissolve in boiling water, add sugar and lemon juice, strain, and set aside in cool place; occasionally stir mixture, and when quite thick, beat with wire spoon or whisk until frothy; add whites of eggs beaten stiff, and continue beating until stiff enough to hold its shape. Mould, or pile by spoonfuls on glass dish; serve cold with Boiled Custard. A very attractive dish may be prepared by coloring half the mixture with fruit red.

Snow Pudding II

Beat whites of four eggs until stiff, add one-half tablespoon granulated gelatine dissolved in three tablespoons boiling water, beat until

thoroughly mixed, add one-fourth cup powdered sugar, and flavor with one-half teaspoon lemon extract. Pile lightly on dish, serve with Boiled Custard.

Amber Pudding

Make as Snow Pudding I, using cider instead of boiling water, and one-fourth cup boiling water to dissolve gelatine, omitting lemon juice, and sweeten to taste.

Pudding à la Macedoine

Make fruit or wine jelly mixture. Place a mould in pan of ice water, pour in mixture one-half inch deep; when firm, decorate with slices of banana from which radiate thin strips of figs (seed side down), cover fruit, adding mixture by spoonfuls lest the fruit be disarranged. When firm, add more fruit and mixture; repeat until all is used, each time allowing mixture to stiffen before fruit is added. In preparing this dish various fruits may be used: oranges, bananas, dates, figs, and English walnuts. Serve with Cream Sauce I.

Fruit Chartreuse

Make fruit or wine jelly mixture. Place a mould in pan of ice water, pour in mixture one-half inch deep; when firm, decorate with candied cherries and angelica; add by spoonfuls more mixture to cover fruit; when this is firm, place a smaller mould in centre on jelly, and fill with ice water. Pour gradually remaining jelly mixture between moulds; when firm, invert to empty smaller mould of ice water; then pour in some tepid water; let stand a few seconds, when small mould may easily be removed. Fill space thus made with fresh sweetened fruit, using shredded pineapple, sliced bananas, and strawberries.

Chocolate Pudding, Marshmallow Mint Sauce

1 quart milk
1½ squares unsweetened chocolate
⅓ cup sugar
¼ teaspoon salt
2 tablespoons granulated gelatine
3 tablespoons cold water

Scald milk with chocolate in double boiler and beat until smooth, using a wire whisk; then add sugar, salt, and gelatine soaked in water, ten minutes. As soon as gelatine has dissolved, strain into a mould. Chill, remove from mould, and pour around

Marshmallow Mint Sauce

½ cup sugar
¼ cup water
8 marshmallows
White 1 egg
1 drop oil of peppermint
Green coloring

Boil sugar and water to the consistency of a thin syrup; then add marshmallows cut in small pieces (using scissors) and add gradually to white of egg beaten until stiff. Flavor, color, and chill.

Toasted Marshmallows

1 tablespoon granulated gelatine
1 cup boiling water
1 cup sugar
Whites 3 eggs
1½ teaspoons vanilla
Macaroons

Dissolve gelatine in boiling water, add sugar, and as soon as dissolved set bowl containing mixture in pan of ice water; then add whites of eggs and vanilla and beat until mixture thickens. Turn into a shallow pan, first dipped in cold water, and let stand until thoroughly chilled. Remove from pan and cut in pieces the size and shape of marshmallows; then roll in macaroons which have been dried and rolled. Serve with sugar and cream.

Coffee Sponge

2 tablespoons granulated gelatine
¼ cup cold water
2 cups strong boiled coffee
⅔ cup sugar
Whites 3 eggs
Few grains salt

Soak gelatine in cold water and add to hot coffee; then add sugar. Strain into pan, set in larger pan of ice water, cool slightly, then beat, using a wire whisk, until quite stiff. Add whites of eggs, beaten until stiff, and continue the beating until mixture will hold its shape. Turn into a mould, first dipped in cold water. Chill thoroughly, remove from mould, and serve with sugar and thin cream.

Spanish Cream

1 tablespoon granulated gelatine
3 cups milk
Whites 3 eggs
Yolks 3 eggs
½ cup sugar (scant)
¼ teaspoon salt
1 teaspoon vanilla or
3 tablespoons wine

Scald milk with gelatine, add sugar, pour slowly on yolks of eggs slightly beaten. Return to double boiler and cook until thickened, stirring constantly; remove from range, add salt, flavoring, and whites

of eggs beaten stiff. Turn into individual moulds, first dipped in cold water, and chill; serve with cream. More gelatine will be required if large moulds are used.

Maple Nut Pudding

1½ cups brown sugar
2 cups boiling water
⅓ cup cornstarch
¼ cup cold water
Whites 3 eggs
½ cup English Walnut meats
Few grains salt

To brown sugar add boiling water and cornstarch diluted with cold water. Cook over flame until mixture thickens, stirring constantly; then cook in double boiler, fifteen minutes, stirring occasionally. Remove from range and add whites of eggs, beaten until stiff, nut meats, broken in small pieces, and salt. Mould and chill. Serve with a custard sauce made of yolks of eggs.

Coffee Soufflé

1½ cups coffee infusion
½ cup milk
⅔ cup sugar
¼ teaspoon salt
3 eggs
½ teaspoon vanilla
1 tablespoon granulated gelatine

Mix coffee infusion, milk, one-half of the sugar and gelatine, and heat in double boiler. Add remaining sugar, salt, and yolks of eggs slightly beaten; cook until mixture thickens, remove from range, add whites of eggs beaten until stiff, and vanilla. Mould, chill, and serve with cream.

Columbian Pudding

Cover the bottom of a fancy mould with Wine Jelly. Line the upper part of mould with figs, cut in halves crosswise, which have been soaked in jelly, having seed side next to mould. Fill centre with Spanish Cream; chill, and turn on a serving dish. Garnish with cubes of Wine Jelly.

Macaroon Cream

1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
Yolks 3 eggs
⅓ cup sugar
⅛ teaspoon salt
⅔ cup macaroons, dried and rolled
1 teaspoon vanilla
Whites 3 eggs

Soak gelatine in cold water. Make custard of milk, yolks of eggs, sugar, and salt; add gelatine, and strain into pan set in ice water.

Add macaroons and flavoring, stirring until it begins to thicken; then add whites of eggs beaten stiff. Mould, chill, and serve garnished with macaroons.

French Macaroon Cream

Make same as Macaroon Cream adding one square unsweetened chocolate to milk before scalding.

Cold Cabinet Pudding

½ box gelatine or
1 tablespoon granulated gelatine
¼ cup cold water
2 cups scalded milk
Yolks 3 eggs
⅓ cup sugar
⅛ teaspoon salt
1 teaspoon vanilla
1 tablespoon brandy
5 lady fingers
6 macaroons

Soak gelatine in cold water and add to custard made of milk, eggs, sugar, salt; strain, cool slightly, and flavor. Place a mould in pan of ice water, decorate with candied cherries and angelica, cover with mixture, added carefully by spoonfuls; when firm, add layer of lady fingers (first soaked in custard), then layer of macaroons (also soaked in custard); repeat, care being taken that each layer is firm before another is added. Garnish, and serve with Cream Sauce I and candied cherries.

Mont Blanc

Remove shells from three cups French chestnuts, cook in small quantity of boiling water until soft, when there will be no water remaining. Mash, sweeten to taste with powdered sugar, and moisten with hot milk; cook two minutes. Rub through strainer, cool, flavor with vanilla, Kirsch or Maraschino. Pile in form of pyramid, cover with Cream Sauce I, and garnish base with Cream Sauce I forced through pastry bag and tube.

Keswick Pudding

¾ cup sugar
1 cup boiling water
Yolks 3 eggs
¼ cup sugar
Few grains salt
1½ tablespoons granulated gelatine
¼ cup cold water
¼ cup lemon juice

Dissolve sugar in water and again bring to the boiling-point. Beat yolks of eggs slightly and add sugar and salt. Pour on gradually the boiling syrup and cook, stirring constantly, until mixture thickens; then add gelatine, soaked in cold water, and lemon juice. Strain, set

in ice water, and stir until mixture begins to thicken. Turn into a mould, first dipped in cold water. Remove from mould and garnish with whipped cream, sweetened and flavored with vanilla.

Cherry Moss

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup boiling water
1½ cups dark red canned cherries
½ cup cherry juice
Whites 2 eggs
Few grains salt

Soak gelatine in cold water, dissolve in boiling water, and add cherries (stoned and cut in halves) and cherry juice. When mixture begins to thicken, add whites of eggs, beaten until stiff, and salt. Turn into a slightly oiled mould and chill. Remove from mould to serving dish and garnish with whipped cream (sweetened and flavored with vanilla) and sprinkle with Jordan almonds, blanched, shredded, and roasted, or chopped pistachio nut meats.

Crême aux Fruits

1 tablespoon granulated gelatine
¼ cup cold water
¼ cup scalded milk
½ cup sugar
Whites 2 eggs
½ pint cream
⅓ cup milk
⅓ cup cooked prunes, cut in pieces
⅓ cup chopped figs

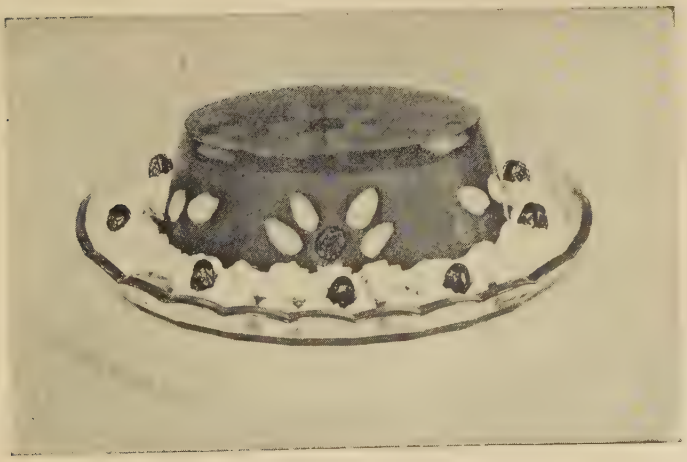
Soak gelatine in cold water, dissolve in scalded milk, and add sugar. Strain in pan set in ice water, stir constantly, and when mixture begins to thicken add whites of eggs beaten stiff, cream (diluted with milk and beaten), prunes, and figs. Mould and chill.

Charlotte Russe I

¾ tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded milk
⅓ cup powdered sugar
½ pint cream
1½ teaspoons vanilla
6 lady fingers

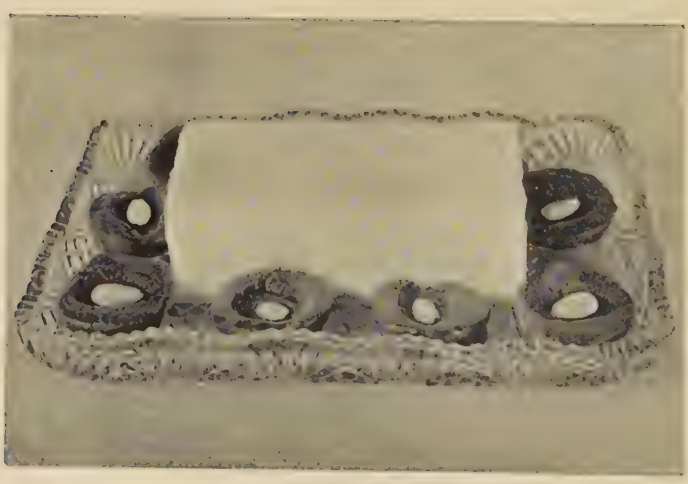
Soak gelatine in cold water, dissolve in scalded cream, strain into a bowl, and add sugar and vanilla. Set bowl in pan of ice water and stir mixture constantly until it begins to thicken, then fold in whipped cream, adding one-third at a time. Should gelatine mixture become too thick, melt over hot water, and again cool before adding cream. Trim ends and sides of lady fingers, place around inside of a mould, crust side out, one-half inch apart. Turn in mixture, and chill.

Orange Trifle garnished with Whipped Cream, Candied Orange Peel, and Blossoms. — *Page 527.*



Royal Diplomatic Pudding. — *Page 531.*

Coup Sicilienne (*Page 545*). Coup à l'Ananas (*Page 547*).



Junket Ice Cream with Peaches. — *Page 552.*

Charlotte Russe is sometimes made in individual moulds; these are often garnished on top with some of mixture forced through a pastry bag and tube. Individual moulds are frequently lined with thin slices of sponge cake cut to fit moulds.

Charlotte Russe II

1¼ cups milk
Yolks 2 eggs
2 tablespoons sugar
Few grains salt
1¼ tablespoons granulated gelatine
¼ cup cold water
½ pint cream
3 tablespoons powdered sugar
¾ teaspoon vanilla
Whites 2 eggs
Sponge cake

Scald milk and add gradually to egg yolks, slightly beaten and mixed with sugar and salt. Cook over hot water, stirring constantly, until mixture thickens, then add gelatine, soaked in cold water. Strain and add whites of eggs, beaten until stiff. Set pan in larger pan of ice water and stir, scraping from bottom and sides of pan, until mixture begins to thicken. Then add cream, beaten until stiff and mixed with sugar and vanilla. Line round paper cases with strips of sponge cake, using muffin rings to keep cases in shape. Fill with cream and chill. Remove from cases and garnish tops with four narrow strips of cakes, radiating from centre, and garnish centre with a cube of jelly.

Coffee Charlotte Baskets

Bake sponge cake mixture in buttered gem pans. Cool, remove centres, and fill with coffee cream. Garnish tops with whipped cream, sweetened and flavored with vanilla, and insert strips of angelica to represent handles.

Coffee Cream. Scald one and one-half cups milk with two and one-half tablespoons ground coffee and strain. Mix thoroughly one-half cup sugar, one-fourth cup flour, and one-eighth teaspoon salt. Pour on gradually, while stirring constantly, the scalded milk. Add yolks two eggs, slightly beaten. Return mixture to double boiler and cook fifteen minutes. Cool, add one-third cup English walnut meats, cut in pieces, and one-half teaspoon vanilla.

Orange Trifle

2 tablespoons granulated gelatine
½ cup cold water
½ cup boiling water
1 cup sugar
1 cup orange juice
Grated rind 1 orange
1 tablespoon lemon juice
½ pint cream

Make same as Charlotte Russe I, and mould; or make orange jelly, color with fruit red, and cover bottom of mould one-half inch deep; chill, and when firm fill with Orange Trifle mixture. Cool remaining jelly in shallow pan, cut in cubes, and garnish base of mould.

Banana Cantaloupe

½ box gelatine or
2 tablespoons granulated gelatine
½ cup cold water
Whites 2 eggs
¼ cup powdered sugar
¾ cup scalded cream
⅔ cup sugar
4 bananas, mashed pulp
1 tablespoon lemon juice
½ pint cream
12 lady fingers

Soak gelatine in cold water, beat whites of eggs slightly, add powdered sugar, and gradually hot cream, cook over hot water until it thickens; add soaked gelatine and remaining sugar, strain into a pan set in ice water, add bananas and lemon juice, stir until it begins to thicken, then fold in whipped cream. Line a melon mould with lady fingers trimmed to just fit sections of mould, turn in the mixture, spread evenly, and chill.

Chocolate Charlotte

1 tablespoon granulated gelatine
¼ cup cold water
⅓ cup scalded cream
1½ squares unsweetened chocolate
3 tablespoons hot water
⅔ cup powdered sugar
½ pint cream
1 teaspoon vanilla
6 lady fingers

Melt chocolate by placing in a small saucepan set in a larger saucepan of boiling water, add half the sugar, dilute with boiling water, and add to gelatine mixture while hot. Proceed same as in recipe for Charlotte Russe I.

Caramel Charlotte Russe

1 tablespoon granulated gelatine
¼ cup cold water
½ cup scalded cream
⅓ cup sugar, caramelized
¼ cup powdered sugar
1½ teaspoons vanilla
½ pint cream
6 lady fingers

Make same as Charlotte Russe I, adding caramelized sugar to scalded cream before putting into gelatine mixture.

Burnt Almond Charlotte

2 tablespoons granulated gelatine
½ cup cold water
¾ cup scalded milk
½ cup sugar
½ cup sugar, caramelized
¾ cup blanched and finely chopped almonds
1 teaspoon vanilla
½ pint cream
6 lady fingers

Make same as Caramel Charlotte Russe I, adding nuts before folding in cream.

Ginger Cream

1 tablespoon granulated gelatine
¼ cup cold water
1 cup milk
Yolks 2 eggs
¼ cup sugar
Few grains salt
3 tablespoons ginger syrup
1 teaspoon vanilla
¼ cup Canton ginger, cut in pieces
½ pint cream

Soak gelatine in cold water, and add to custard made of milk, eggs, sugar, and salt. Strain, chill in pan of ice water, add flavorings, and when mixture begins to thicken fold in whipped cream.

Orange Charlotte

1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
3 tablespoons lemon juice
1 cup orange juice and pulp
Whites 3 eggs
½ pint cream

Soak gelatine in cold water, dissolve in boiling water, strain, and add sugar, lemon juice, orange juice, and pulp. Chill in pan of ice water; when quite thick, beat with wire spoon or whisk until frothy, then add whites of eggs beaten stiff, and fold in whipped cream. Line a mould with sections of oranges, turn in mixture, smooth evenly, and chill.

Strawberry Sponge

⅓ box gelatine or
1⅓ tablespoons granulated gelatine
⅓ cup cold water
⅓ cup boiling water
1 cup sugar
1 tablespoon lemon juice
1 cup strawberry juice
Whites 3 eggs
½ pint cream

Make same as Orange Charlotte.

Orange Baskets

Cut two pieces from each orange, leaving what remains in shape of basket with handle, remove pulp from baskets and pieces, and keep

baskets in ice water until ready to fill. From orange juice make orange jelly with which to fill baskets. Serve garnished with Cream Sauce.

Orange Jelly in Ambush

Cut oranges in halves lengthwise, remove pulp and juice. With juice make Orange Jelly to fill half the pieces. Fill remaining pieces with Charlotte Russe mixture. When both are firm, put together in pairs and tie together with narrow white ribbon.

Bavarian Cream (Quick)

½ lemon, grated rind and juice
½ cup white wine
⅓ cup sugar
2 eggs
1 teaspoon granulated gelatine
1 tablespoon cold water

Mix lemon, wine, sugar, and yolks of eggs; stir vigorously over fire until mixture thickens, add gelatine soaked in water, then pour over whites of eggs beaten stiff. Set in pan of ice water and beat until thick enough to hold its shape. Turn into a mould lined with lady fingers, and chill. Orange juice may be used in place of wine, and the cream served in orange baskets.

Strawberry Bavarian Cream

1½ tablespoons granulated gelatine
¼ cup cold water
½ cup boiling water
1 cup syrup drained from canned strawberries
Powdered sugar
¾ cup cream
Pink coloring

Soak gelatine in cold water and dissolve in boiling water. Add fruit juice and sugar if not sweet enough; then color. Set bowl containing mixture in pan of ice water and stir until mixture begins to thicken; then add cream beaten until stiff. Mould and chill. Fresh berry juice may be used.

Jelly Panaché

Cut jelly roll in one-half inch slices. Line a charlotte russe mould with slices and fill with Strawberry Bavarian Cream.

Pineapple Bavarian Cream

2 tablespoons granulated gelatine
½ cup cold water
1 can grated pineapple
½ cup sugar
1 tablespoon lemon juice
½ pint cream

Soak gelatine in cold water. Heat pineapple, add sugar, lemon juice, and soaked gelatine; chill in pan of ice water, stirring constantly; when it begins to thicken, fold in cream beaten until stiff, mould, and chill.

Royal Diplomatic Pudding

Place mould in pan of ice water and pour in Wine Jelly II one-half inch deep. When firm, decorate with candied cherries and angelica, proceed as for Fruit Chartreuse, filling the centre with Charlotte Russe mixture or Fruit Cream.

Fruit Cream

Peel four bananas, mash, and rub through a sieve; add pulp and juice of two oranges, one tablespoon lemon juice, one tablespoon Sherry wine, two-thirds cup powdered sugar, and one and one-fourth tablespoons granulated gelatine dissolved in one-fourth cup boiling water. Cool in ice water, stirring constantly, and fold in one-half pint cream beaten until stiff.

Ivory Cream

¾ tablespoon granulated gelatine
1 tablespoon cold water
2 tablespoons boiling water
½ pint cream
4 tablespoons powdered sugar
3 tablespoons Madeira wine

Soak gelatine in cold water, dissolve in boiling water, and add sugar and wine. Strain into a bowl, set in pan of ice water, and beat until mixture thickens slightly. Add to mixture cream, beaten until stiff, and beat until mixture is thick enough to hold its shape. Mould and chill. Garnish with Sauterne Jelly.

Cold Pineapple Soufflé

Yolks 3 eggs
Grated rind 1 lemon
Juice 1 lemon
½ cup sugar
Few grains salt
⅔ cup canned sliced pineapple
½ cup pineapple syrup
1 tablespoon granulated gelatine
⅓ cup cold water
½ cup cream
Whites 3 eggs

Beat egg yolks slightly and add grated rind, lemon juice, sugar, and salt. Cook over hot water, stirring constantly until mixture thickens. Remove from range and add gelatine which has soaked in water five minutes and pineapple. When mixture begins to thicken, add cream, beaten until stiff, and egg whites, beaten until stiff. Turn into a

mould, garnished with pieces of canned sliced pineapple and candied cherries, and chill thoroughly. Remove from mould to chilled serving dish and garnish with half slices of canned pineapple and candied cherries. The garnish may be omitted if a simpler desert is desired.

Pineapple Pyramids

1 can sliced pineapple
1 cup pineapple juice
2 tablespoons lemon juice
¼ cup sugar
Few grains salt
3 tablespoons granulated gelatine
¼ cup cold water
1 pint cream
1 glass Red Bar-le-duc currants

Drain canned pineapple from syrup. Finely chop fruit and again drain. To fruit pulp add pineapple juice, lemon juice, sugar, salt, and gelatine, which has been allowed to soak in water fifteen minutes. Heat mixture until gelatine has dissolved. Remove from range, set in pan of cold water, and when mixture begins to thicken, fold in cream beaten until stiff, and currants. Turn into a slightly oiled mould and chill thoroughly.

St. Valentine's Pudding

1 can sliced pineapple
⅔ cup sugar
⅛ cup Sauterne wine
Few grains salt
2¾ tablespoons granulated gelatine
3 tablespoons cold water
Fruit red
1 cup cream
½ cup marrons
⅓ cup English walnut meats
½ lb. marshmallows
2 tablespoons powdered sugar
Sherry wine
½ teaspoon vanilla

Drain pineapple and to syrup add sugar, five slices chopped pineapple and one cup cold water. Bring slowly to the boiling-point, remove to back of range, and let stand one hour; then strain through cheesecloth; there should be two cups syrup. Soak gelatine in cold water, dissolve in hot syrup, add Sauterne wine and salt, and color with fruit red. Place a heart-shaped mould in pan containing ice water and pour in mixture to one-half inch in depth. When firm place a smaller heart-shaped mould (containing ice water) on jelly, leaving a space of uniform width. Add jelly mixture a little at a time, and cool between the additions, until space is full. When firm remove smaller mould and fill space with the following mixture thoroughly chilled. Beat cream until stiff and add one-half cup pineapple cubes (cut from

sliced pineapple), marrons broken in pieces, English walnut meats, broken in pieces, marshmallows cut in strips, powdered sugar, Sherry wine to taste, and vanilla. Let stand one hour. Remove from mould to serving dish and surround with pink spun sugar.

Peach Cabinet Pudding

1 can peaches
⅓ cup powdered sugar
2 tablespoons Sherry wine
1 tablespoon brandy
2 cups milk
Yolks 3 eggs
Whites 3 eggs
¼ cup sugar
⅛ teaspoon salt
1½ tablespoons granulated gelatine
2 tablespoons cold water

Drain peaches, cut in quarters, sprinkle with powdered sugar, and pour over Sherry and brandy. Make a custard of milk, egg yolks, sugar and salt, and just before removing from fire add gelatine soaked in cold water. Strain and when slightly cooled add liquor drained from peaches. Stir until mixture begins to thicken, then add whites of eggs beaten stiff. Line a mould with peaches, pour in custard and chill.

Grape Juice Soufflé

2 tablespoons granulated gelatine
1 pint grape juice
Whites 4 eggs
¾ cup heavy cream

Put gelatine in grape juice and heat in double boiler until gelatine has dissolved. Strain into bowl, set bowl in saucepan of ice water, and when mixture begins to thicken, fold in whites of eggs, beaten until stiff. Half-fill individual moulds (first dipped in cold water) with mixture. To remainder add cream, beaten until stiff. Fill moulds with cream mixture and chill. Remove from moulds to serving dish and garnish with whipped cream, sweetened and delicately flavored with vanilla.

St. Regis Pudding

½ cup boiling water
½ cup sugar
½ cup Sherry wine
½ cup apricot syrup
½ tablespoon lemon juice
Few grains salt
1½ tablespoons granulated gelatine
¼ cup cold water
⅓ cup seedless raisins
¼ cup brandy
⅔ cup canned apricots, cut in pieces

Bring water and sugar to boiling-point and let boil one minute. Add Sherry wine, apricot syrup, lemon juice, salt, and gelatine, soaked in cold water. To raisins add brandy and cook in double boiler until

raisins are plump. Add to jelly mixture with apricots cut in small pieces. Turn into a mould, chill thoroughly, remove from mould, and serve with or without whipped cream, sweetened and flavored with vanilla.

Fruit Moulded in Jelly

5 tablespoons granulated gelatine
1 cup cold water
2 cups boiling water
1⅓ cups sugar
1⅓ cups peach syrup
1 cup Sherry
⅔ cup orange juice
⅓ cup lemon juice
Few grains salt
½ can peaches
1 quart box strawberries
1 banana
⅔ cup seeded raisins

Soak gelatine in cold water, dissolve in boiling water, and add sugar, fruit juices, wine, and salt. Brush over inside of a large fancy mould with olive oil, then wipe over with a piece of tissue paper. Put in pan of ice water and pour in just enough of mixture to cover top ornamentations. When firm, put in each ornament a strawberry, blossom end down; add mixture to cover strawberries and let stand until set. Cut banana in slices, crosswise, shape with small round cutter and arrange a row around strawberry which is in centre of mould. Add more jelly mixture to keep banana in place and let set. To remaining jelly mixture add peaches cut in pieces and raisins (cooked until plump in a small quantity of boiling water, drained and cooled). Fill mould with mixture and chill. Remove to serving dish and garnish with remaining strawberries with hulls left on. This is a large recipe.

Macedoine of Fruit

3½ tablespoons granulated gelatine
½ cup cold water
1 cup boiling water
1¼ cups sugar
1¼ cups peach syrup
¾ cup Sherry
½ cup orange juice
2 tablespoons lemon juice
Few grains salt
Canned peaches
Stewed prunes
Blanched Jordan almonds
Glacéd cherries

Follow directions as given in Fruit Moulded in Jelly.

Pudding à l'Adrea

2 cups thin cream
1½ tablespoons granulated gelatine
2 tablespoons cold water
¾ cup sugar
Whites 4 eggs
3 tablespoons Sherry
1½ tablespoons Sauterne
Sauterne jelly mixture

Make one-half recipe for Sauterne Jelly allowing one and one-half tablespoons granulated gelatine. Color one-half green and one-half red. Fill sections of a fancy mould alternately with green and red jelly. In the green jelly mould pistachio nuts cut in quarters; in red jelly glacéd cherries cut in quarters.

Scald cream, add gelatine soaked in cold water, and sugar. When mixture begins to thicken add whites of eggs beaten until stiff. Set in pan of ice water, and stir occasionally until mixture thickens; then add flavoring and turn into mould. Chill thoroughly and remove from mould.

French Easter Cream

- ⅓ cup raisins
- ¼ cup brandy
- 2 cups cream
- ½ cup sugar
- Yolks 3 eggs
- ⅛ teaspoon salt
- 1 tablespoon granulated gelatine
- 2 tablespoons cold water
- Maraschino, Sloe gin, Brandy — ¼ cup each
- 1 teaspoon vanilla

Seed raisins, add brandy, and cook in double boiler until raisins are soft. Make a custard of cream, sugar, egg yolks, and salt. Remove from range, add gelatine soaked in cold water. Strain, cool slightly, add flavorings, stir until mixture thickens, then add raisins. Mould and chill. Remove from mould, and garnish with Sauterne Jelly (colored violet), cut in cubes, and fresh violets.

Marshmallow Pudding à la Stanley

- ¼ cup Maraschino cherries
- 1 tablespoon cherry syrup
- ½ cup English walnut meats
- ½ pound marshmallows
- 1 cup heavy cream
- 2 tablespoons powdered sugar
- ½ teaspoon vanilla

Cut cherries in pieces and add syrup. Cut walnut meats and marshmallows in small pieces. Whip cream, add sugar and vanilla, and fold in remaining ingredients. Turn into a mould, and let stand until firm, the time required being about two hours. White grapes, strawberries, or pineapple cut in small pieces may be used in place of cherries. Other nut meats may be used in place of walnuts.

CHAPTER XXVII

ICES, ICE CREAMS, AND OTHER FROZEN DESSERTS

ICES and other frozen dishes comprise the most popular desserts. Frozen dishes include: —

Water Ice, — fruit juice sweetened, diluted with water, and frozen.

Sherbet, — water ice to which is added a small quantity of dissolved gelatine or beaten whites of eggs.

Frappé, — water ice frozen to consistency of mush; in freezing, equal parts of salt and ice being used to make it granular.

Punch, — water ice to which is added spirit and spice.

Sorbet, — strictly speaking, frozen punch; the name is often given to a water ice where several kinds of fruit are used.

Philadelphia Ice Cream, — thin cream, sweetened, flavored, and frozen.

Plain Ice Cream, — custard foundation, thin cream, and flavoring.

Mousse, — heavy cream, beaten until stiff, sweetened, flavored, placed in a mould, packed in salt and ice (using two parts crushed ice to one part salt), and allowed to stand three hours; or whip from thin cream may be used folded into mixture containing small quantity of gelatine.

How to Freeze Desserts

The prejudice of thinking a frozen dessert difficut to prepare has long since been overcome. With ice cream freezer, burlap bag, wooden mallet or axe, small saucepan, sufficient ice, and coarse rock salt, the process neither takes much time nor patience. Snow may be used instead of ice; if not readily acted on by salt, pour in one cup cold water. Crush ice finely by placing in bag and giving a few blows with mallet or broad side of axe; if there are any coarse pieces, remove them. Place can containing mixture to be frozen in wooden tub, cover, and adjust top. Turn crank to make sure can fits in socket. Allow three level measures ice to one of salt, and repeat until ice and salt come to top of can, packing solidly, using handle of mallet to

force it down. If only small quantity is to be frozen, the ice and salt need come only a little higher in the tub than mixture to be frozen. These are found the best proportions of ice and salt to insure smooth, fine-grained cream, sherbet, or water ice, while equal parts of salt and ice are used for freezing frappé. If a larger proportion of salt is used, mixture will freeze in shorter time and be of granular consistency, which is desirable only for frappé.

The mixture increases in bulk during freezing, so the can should never be more than three-fourths filled; by overcrowding can, cream will be made coarse-grained. Turn the crank slowly and steadily to expose as large surface of mixture as possible to ice and salt. After frozen to a mush, the crank may be turned more rapidly, adding more ice and salt if needed; never draw off salt water until mixture is frozen, unless there is possibility of its getting into the can, for salt water is what effects freezing; until ice melts, no change will take place. After freezing is accomplished, draw off water, remove dasher, and with spoon pack solidly. Put cock in opening of cover, then put on cover. Re-pack freezer, using four measures ice to one of salt. Place over top newspapers or piece of carpet; when serving time comes, remove can, wipe carefully, and place in vessel of cool water; let stand one minute, remove cover, and run a knife around edge of cream, invert can on serving dish, and frozen mixture will slip out. Should there be any difficulty, a cloth wrung out of hot water, passed over can, will aid in removing mixture.

Granular ice cream is due to

1. Too much salt used in freezing.
2. Can too full.
3. Too quickly turned.

To Line a Mould

Allow mould to stand in salt and ice until well chilled. Remove cover, put in mixture by spoonfuls, and spread with back of spoon or a case knife evenly three-quarters inch thick.

To Mould Frozen Mixtures

When frozen mixtures are to be bricked or moulded, avoid freezing too hard. Pack mixture solidly in moulds and cover with buttered paper, buttered side up. Have moulds so well filled that mixture is forced down sides of mould when cover is pressed down. Re-pack in

salt and ice, using four parts ice to one part salt. If these directions are carefully followed, one may feel no fear that salt water will enter cream, even though moulds be immersed in salt water.

Lemon Ice I

4 cups water 2 cups sugar
¾ cup lemon juice

Make a syrup by boiling water and sugar five minutes; add lemon juice; cool, strain, and freeze. See directions for freezing, page 536.

Lemon Ice II

½ cup cut sugar 1 cup hot water
4 lemons 2 cups cold water
¾ cup granulated sugar

Rub entire surface of cut sugar over rind of lemons, which have been washed and wiped until dry. Pour over sugar the juice expressed from the lemons (of which there should be one-half cup) and hot water. When sugar is dissolved, add cold water and granulated sugar. Strain and freeze.

Crême de Menthe Ice

To one-half the recipe for Lemon Ice I add two tablespoons Crême de Menthe cordial and freeze.

Icebergs

Dissolve two cups sugar in three cups boiling water; cool, add three-fourths cup lemon juice, color with leaf green, and freeze. Serve in glasses. Put one teaspoon Crême de Menthe in each glass, and sprinkle with finely chopped nut meats, using almonds, filberts, pecans, and walnuts in equal proportions.

Cup St. Jacques

Serve Lemon Ice I in glasses. Put three-fourths teaspoon Maraschino in each glass, and garnish with bananas cut in one-fourth-inch slices, and slices cut in quarters, candied cherries cut in halves, Malaga grapes from which skins and seeds have been removed, and angelica cut in strips.

Orange Ice

4 cups water Grated rind of two oranges
2 cups sugar 2 cups orange juice
½ cup lemon juice

Make syrup as for Lemon Ice I; add fruit juice and grated rind; cool, strain, and freeze.

Maraschino Ice

Prepare Orange Ice mixture, freeze to a mush, flavor with Maraschino, and finish freezing. Serve in frappé glasses.

Pomegranate Ice

Same as Orange Ice, made from blood oranges.

Raspberry Ice I

4 cups water
1⅔ cups sugar
2 cups raspberry juice
2 tablespoons lemon juice

Make a syrup as for Lemon Ice I, cool, add raspberries mashed, and squeezed through double cheesecloth, and lemon juice; strain and freeze.

Raspberry Ice II

1 quart raspberries
1 cup sugar
1 cup water
Lemon juice

Sprinkle raspberries with sugar, cover, and let stand two hours. Mash, squeeze through cheesecloth, add water and lemon juice to taste, then freeze. Raspberry ice prepared in this way retains the natural color of the fruit.

Raspberry Ice III

2 cups raspberry juice
2 cups water
Sugar
Lemon juice

To juice drained from canned raspberries add water; then add sugar to sweeten and lemon juice to taste. Freeze, pack in salt and ice, and let stand one hour.

Strawberry Ice I

4 cups water
1½ cups sugar
2 cups strawberry juice
1 tablespoon lemon juice

Prepare and freeze same as Raspberry Ice I.

Strawberry Ice II

1 quart box strawberries
1 cup sugar
1 cup water
Lemon juice

Make same as Raspberry Ice II.

Currant Ice

4 cups water — 1½ cups sugar
2 cups currant juice

Prepare and freeze same as Raspberry Ice I.

Raspberry and Currant Ice

4 cups water — ⅔ cup raspberry juice
1⅓ cups sugar — 1⅓ cups currant juice

Prepare and freeze same as Raspberry Ice I.

Canton Sherbet

4 cups water — ¼ lb. Canton ginger
1 cup sugar — ½ cup orange juice
½ cup lemon juice

Cut ginger in small pieces, add water and sugar, boil fifteen minutes; add fruit juice, cool, strain, and freeze. To be used in place of punch at a course dinner. This quantity is enough to serve twelve persons.

Grape Fruit Frappé

1 quart water — 2½ cups grape fruit juice
2½ cups sugar — ⅔ cup orange juice
Rind ½ orange — 3 tablespoons lemon juice
Rind ½ lemon — ½ cup Forbidden Fruit Cordial

Put water, sugar, and the cuttings from the yellow part of the rind in saucepan. Bring to boiling-point and let boil three minutes. Strain, cool, and add remaining ingredients. Freeze to a mush and serve in tall glasses.

Club Punch

3 cups water — 1 cup pineapple juice
2½ cups sugar — 1 cup candied fruit
1 cup lemon juice — ¼ cup rum
1 cup orange juice — ¼ cup brandy

Put sugar and water in saucepan, bring to the boiling-point, and let boil ten minutes. Remove from range, add fruit juices, cool, and strain. Cut candied fruits in small pieces, using equal parts of cherries, pineapple, apricot, and plums. Add liquors, cover, and let stand one hour. Freeze mixture to the consistency of mush, add soaked candied fruits, and continue the freezing. Serve in punch glasses.

Milk Sherbet

4 cups milk
1½ cups sugar
Juice 3 lemons

Mix juice and sugar, stirring constantly while slowly adding milk; if added too rapidly mixture will have a curdled appearance, which is unsightly, but will not affect the quality of sherbet; freeze and serve.

Frozen Chocolate with Whipped Cream

3 squares unsweetened chocolate
1½ cups sugar
4½ cups rich milk
Few grains salt
1½ cups boiling water
1½ teaspoons vanilla

Scald milk. Melt chocolate in small saucepan placed over hot water, add one-half the sugar, salt, and gradually boiling water. Boil ten minutes, add to chocolate scalded milk with remaining sugar. Cool, add vanilla, freeze, and serve in glasses. Garnish with whipped cream sweetened and flavored with vanilla.

Pineapple Frappé

2 cups water
1 cup sugar
Juice 3 lemons
2 cups ice water
1 can grated pineapple or
1 pineapple shredded

Make a syrup by boiling water and sugar fifteen minutes; add pineapple and lemon juice; cool, strain, add ice water, and freeze to a mush, using equal parts ice and salt. If fresh fruit is used, more sugar will be required.

Pineapple Sorbet

2 cups water
2 cups sugar
1 can grated pineapple or
1 pineapple shredded
1⅓ cups orange juice
½ cup lemon juice
1 quart Apollinaris

Prepare and freeze same as Pineapple Frappé.

Sicilian Sorbet

1 can peaches
1 cup sugar
2 cups orange juice
2 tablespoons lemon juice

Press peaches through a sieve, add sugar and fruit juices. Freeze and serve.

Italian Sorbet

4 cups water
2 cups sugar
1½ cups orange juice
1½ cups grape fruit juice
½ cup lemon juice
¼ cup wine

Prepare and freeze same as Pineapple Frappé.

Apricot Sorbet

1 can apricots
1 cup sugar
1 cup top milk
½ cup water
¼ cup lemon juice
½ pint cream

Drain apricots, and add to syrup the pulp rubbed through a sieve. Add sugar, wine, and lemon juice. Freeze to a mush, then fold in the whipped cream. Let stand one and one-half hours, and serve in glasses.

Café Frappé

White 1 egg
½ cup cold water
½ cup ground coffee
4 cups boiling water
1 cup sugar

Beat white of egg slightly, add cold water, and mix with coffee; turn into scalded coffee-pot, add boiling water, and let boil one minute; place on back of range ten minutes; strain, add sugar, cool, and freeze same as Pineapple Frappé. Serve in frappé glasses, with whipped cream, sweetened and flavored.

Cranberry Frappé

1 quart cranberries
2 cups water
2 cups sugar
Juice 2 lemons

Cook cranberries and water eight minutes; then force through a sieve. Add sugar and lemon juice, and freeze to a mush, using equal parts of ice and salt.

Grape Frappé

4 cups water
2 cups sugar
2 cups grape juice
⅔ cup orange juice
¼ cup lemon juice

Prepare and freeze same as Pineapple Frappé.

Pomona Frappé

1½ cups sugar
4 cups water
1 quart sweet cider
2 cups orange juice
½ cup lemon juice

Make a syrup by boiling sugar and water twenty minutes. Add cider, orange juice, and lemon juice. Cool, strain, and freeze to a mush.

Clam Frappé

20 clams ½ cup cold water

Wash clams thoroughly, changing water several times; put in stewpan with cold water, cover closely, and steam until shells open. Strain the liquor, cool, and freeze to a mush.

Frozen Cranberries

4 cups cranberries 2¼ cups sugar
1½ cups boiling water

Pick over and wash cranberries, add water and sugar, and cook ten minutes, skimming during the cooking. Rub through a sieve, cool, and pour into one-pound baking-powder boxes. Pack in salt and ice, using equal parts, and let stand four hours. If there is not sufficient mixture to fill two boxes, add water to make up the desired quantity. Serve as a substitute for cranberry sauce or jelly.

Frozen Apricots

1 can apricots 1½ cups sugar
Water

Drain apricots, and cut in small pieces. To the syrup add enough water to make four cups, and cook with sugar five minutes; strain, add apricots, cool, and freeze. Peaches may be used instead of apricots. To make a richer dessert, add one cup whipped cream when frozen to a mush, and continue freezing.

Pineapple Cream

2 cups water 1 can grated pineapple
1 cup sugar 2 cups cream

Make syrup by boiling sugar and water fifteen minutes; strain, cool, add pineapple, and freeze to a mush. Fold whipped cream; let stand thirty minutes before serving. Serve in frappé glasses and garnish with candied pineapple.

Cardinal Punch

4 cups water ⅓ cup lemon juice
2 cups sugar ¼ cup brandy
⅔ cup orange juice ¼ cup Curaçoa
¼ cup tea infusion

Make syrup as for Lemon Ice I, add fruit juice and tea, freeze to a mush; add strong liquors and continue freezing. Serve in frappé glasses.

Punch Hollandaise

4 cups water
1½ cups sugar
⅓ cup lemon juice
Rind one lemon
1 can grated pineapple
¼ cup brandy
2 tablespoons gin

Cook sugar, water, and lemon rind fifteen minutes, add lemon juice and pineapple, cool, strain, freeze to a mush, add strong liquors, and continue freezing. Serve in frappé glasses on a plate covered with a doily.

Victoria Punch

3½ cups water
2 cups sugar
½ cup lemon juice
½ cup orange juice
Grated rind two oranges
1 cup angelica wine
1 cup cider
1½ tablespoons gin

Prepare same as Cardinal Punch; strain before freezing, to remove orange rind.

Lenox Punch

2 cups water
¾ cup sugar
⅔ tumbler currant jelly
Ice
1 cup orange juice
½ cup lemon juice
2 bottles ginger ale
⅓ cup brandy

Make a syrup by boiling sugar and water fifteen minutes. Add jelly, and, as soon as dissolved, add a piece of ice to cool mixture; then add fruit juices, ale, and brandy. Color red, freeze to a mush, serve in glasses, and insert in each glass a small sprig of holly with berries.

German Punch

2 cups water
1¾ cups tomatoes
3 apples, cored, pared, and chopped
1 cup sugar
3 tablespoons lemon juice
Piece ginger root
3 tablespoons Maraschino

Mix ingredients, except cordial, and cook thirty-five minutes. Rub through a sieve, add Maraschino, and freeze to a mush.

London Sherbet

2 cups sugar
2 cups water
⅛ cup seeded and finely cut raisins
¾ cup orange juice
3 tablespoons lemon juice
1 cup fruit syrup
¼ grated nutmeg
¼ cup port wine
Whites 3 eggs

Make syrup by boiling water and sugar ten minutes; pour over raisins, cool, and add fruit syrup and nutmeg; freeze to a mush, then add wine and whites of eggs beaten stiff, and continue freezing. Serve in glasses. Fruit syrup may be used which has been left from canned peaches, pears, or strawberries.

Roman Punch

4 cups water
2 cups sugar
½ cup lemon juice
½ cup orange juice
½ cup tea infusion
½ cup rum

Prepare and freeze same as Cardinal Punch.

Coupe Sicilienne

1 shredded pineapple
3 oranges (pulp)
3 bananas sliced
2 tablespoons Maraschino
1 tablespoon lemon juice
Few grains salt
Powdered sugar

Mix ingredients, sweeten to taste, and chill. Serve in champagne glasses having glasses two-thirds full. Cover fruit to fill glasses with Strawberry Ice II and garnish with strawberries and angelica.

Lemon Cream Sherbet

1½ cups sugar
¾ cup lemon juice
3 cups milk
½ pint cream
Few grains salt

Mix sugar and lemon juice and add gradually milk and cream, then salt. Freeze and serve.

Orange Cream Sherbet I

1¼ cups sugar
1½ cups orange juice
2 cups milk
½ pint cream
Few grains salt

Mix sugar and orange juice and add gradually milk and cream, then salt. Freeze and serve.

Orange Cream Sherbet II

2 cups boiling water
1½ cups sugar
Grated rind 2 oranges
1 cup lemon juice
1½ cups orange juice
1 pint heavy cream
½ cup sugar
2 eggs
Few grains salt

Dissolve sugar in boiling water, add orange rind, lemon juice, and orange juice. Turn into freezer and freeze to a mush. Beat cream until stiff and add sugar and salt. Separate yolks from whites of eggs, beat yolks until thick and lemon-colored and whites until stiff and add to cream. Turn into frozen mixture and continue the freezing.

Vanilla Ice Cream I (Philadelphia)

1 quart thin cream
¾ cup sugar
1½ tablespoons vanilla

Mix ingredients, and freeze. A few grains salt is an improvement to any ice cream mixture.

Vanilla Ice Cream II

2 cups scalded milk
1 tablespoon flour
1 cup sugar
1 egg
⅛ teaspoon salt
1 quart thin cream
2 tablespoons vanilla

Mix flour, sugar, and salt, add egg slightly beaten, and milk gradually; cook over hot water ten minutes, stirring constantly at first; should custard have curdled appearance it will disappear in freezing. When cool, add cream and flavoring; strain and freeze.

Chocolate Sauce

(To be served with Vanilla Ice Cream)

1 square unsweetened chocolate
1 cup sugar
2 tablespoons Karo
1 tablespoon butter
⅓ cup boiling water
½ teaspoon vanilla
Few grains salt

Melt chocolate; add butter, and pour on gradually water. Bring to boiling-point, add sugar, and Karo, and let boil five minutes, cool slightly, and add vanilla and salt.

Coffee Sauce

(To be served with Vanilla Ice Cream)

1½ cups milk
½ cup ground coffee
⅓ cup sugar
¾ tablespoon arrowroot
Few grains salt

Scald milk with coffee, and let stand twenty minutes. Mix remaining ingredients, and pour on gradually the hot infusion which has been strained. Cook five minutes, and serve hot.

Butterscotch Sauce

(To be served with Vanilla Ice Cream)

1¼ cups brown sugar
⅔ cup corn syrup
4 tablespoons butter
⅜ cup heavy cream
⅜ cup milk

Put sugar, corn syrup, and butter in saucepan, bring to the boiling-point, and let boil to 230° F. or until a soft ball may be formed when tried in cold water; then add cream and milk.

Fruit Sauce

(To be served with Vanilla Ice Cream)

¼ lb. dates
½ pt. bottle Maraschino cherries
½ pt. bottle green figs
¼ pound Jordan almonds
Few grains salt

Pour boiling water over dates, let stand three minutes, drain, stone, and cut in small pieces. Add cherries with syrup, and figs cut in pieces, with syrup. Let stand over night or for several hours, add almonds (blanched, halved, and browned in a moderate oven) and salt.

Vanilla Ice Cream Croquettes

Shape Vanilla Ice Cream in individual moulds, roll in macaroon dust made by pounding and sifting dry macaroons.

Coupe a l'Ananas

Cut canned sliced pineapple in pieces, pour over pineapple syrup to which is added Orange Curaçoa, allowing one-half as much syrup as fruit, cover, and let stand one hour. Fill champagne glasses one-third full, add vanilla ice cream to fill glasses, and garnish with candied cherries and candied pineapple cut in pieces.

Chocolate Ice Cream I

1 quart thin cream
1 cup sugar
Few grains salt
1½ squares unsweetened chocolate
⅔ cup hot water
1 tablespoon vanilla

Melt chocolate, dilute with hot water, and add to cream; then add sugar, salt, and flavoring, and freeze.

Chocolate Ice Cream II

Use recipe for Vanilla Ice Cream II. Melt two squares unsweetened chocolate, by placing in a small saucepan set in a larger saucepan of boiling water, and pour hot custard slowly on chocolate; then cool before adding cream.

Strawberry Ice Cream I

3 pints thin cream
2 boxes berries
2 cups sugar
Few grains salt

Wash and hull berries, sprinkle with sugar, cover, and let stand two hours. Mash, and squeeze through cheesecloth; then add salt. Freeze cream to the consistency of a mush, add gradually fruit juice, and finish freezing. Rich Jersey milk may be substituted for cream.

Strawberry Ice Cream II

1 quart strawberries
1 cup sugar
1½ cups heavy cream
1½ cups milk
Whites 4 eggs
⅛ teaspoon salt

Wash, pick over, hull, and mash berries. Sprinkle with sugar, cover, and let stand several hours; then squeeze through a double thickness of cheesecloth. Mix cream, milk, whites of eggs, beaten until stiff, and salt. Freeze to a mush, using three parts finely crushed ice to one part rock salt. Add fruit juice and continue the freezing. If the fruit is acid more sugar may be necessary.

Strawberry Ice Cream III

3 cups thin cream
Syrup from canned strawberries
Red coloring
Sugar
Few grains salt

To cream add syrup drained from canned strawberries to flavor, sugar to sweeten, and salt; then color a delicate pink and freeze.

Quince Ice Cream

Make same as Strawberry Ice Cream II using one-half cup quince purée in place of strawberries and adding one-half cup quince syrup drained from canned quince and one-half tablespoon lemon juice. To obtain quince purée, drain canned quince and force through a purée strainer.

Prune Ice Cream

1 cup prunes
1½ cups cold water
1 cup sugar
4 tablespoons lemon juice
1¼ cups heavy cream
⅛ teaspoon salt

Pick over prunes and soak over night in cold water. Cook in same water until soft, remove stones, and put fruit pulp through a purée strainer. Add sugar, lemon juice, salt, and heavy cream, beaten until stiff; then freeze.

Orange Ice Cream

1 cup heavy cream
1 cup thin cream
2 cups orange juice
Sugar

Add cream slowly to orange juice, sweeten to taste, and freeze. Serve with canned strawberries or fresh fruit mashed and sweetened.

Pineapple Ice Cream

3 pints cream
½ cup sugar
1 can grated pineapple

Add pineapple to cream, let stand thirty minutes; strain, add sugar, and freeze.

Coffee Ice Cream I

1 quart cream
1½ cups milk
⅓ cup Mocha coffee
1¼ cups sugar
¼ teaspoon salt
Yolks 4 eggs

Scald milk with coffee, add one cup sugar; mix egg yolks slightly beaten with one-fourth cup sugar, and salt; combine mixtures, cook over hot water until thickened, add one cup cream, and let stand on back of range twenty-five minutes; cool, add remaining cream, and strain through double cheesecloth; freeze. Coffee Ice Cream may be served with Maraschino cherries or in halves of cantaloupes.

Coffee Ice Cream II

2 cups scalded milk
⅓ cup ground coffee
1 tablespoon flour
1 cup sugar
1 egg
⅛ teaspoon salt
1 quart thin cream

Scald milk with coffee. Mix flour and sugar, add egg, slightly beaten, and milk, gradually. Cook over hot water twenty minutes, stirring constantly at first and afterwards occasionally. Cool, add cream, and strain through a double thickness of cheesecloth, placed over a fine sieve; freeze.

Caramel Ice Cream

1 quart cream
2 cups milk
1⅓ cups sugar
1 egg
1 tablespoon flour
⅛ teaspoon salt
1½ tablespoons vanilla

Prepare same as Vanilla Ice Cream II, using one-half sugar in custard; remaining half caramelize, and add slowly to hot custard.

To Caramelize Sugar. Put in a smooth granite saucepan or omelet pan, place over hot part of range, and stir constantly until melted and of the color of maple syrup. Care must be taken to prevent sugar from adhering to sides of pan or spoon.

Burnt Almond Ice Cream

Make same as Caramel Ice Cream, adding one cup finely chopped blanched almonds.

Brown Bread Ice Cream

3 pints cream
1½ cups dried brown bread crumbs
⅞ cup sugar
½ teaspoon salt

Soak crumbs in one quart cream, let stand fifteen minutes, rub through sieve, add sugar, salt, and remaining cream; then freeze.

Bisque Ice Cream

Make custard as for Vanilla Ice Cream II, add one quart cream, one tablespoon vanilla, and one cup hickory nut or English walnut meats finely chopped.

Burnt Walnut Bisque

2 cups scalded milk
Yolks 3 eggs
1 cup sugar
⅔ cup chopped walnut meats
1 cup heavy cream
¾ tablespoon vanilla
Few grains salt

Make custard of milk, eggs, one-third of the sugar, and salt. Caramelize remaining sugar, add nut meats, and turn into a slightly buttered pan. Cool, pound, and pass through a purée strainer. Add to custard, cool, then add one cup heavy cream, beaten until stiff, and vanilla. Freeze and mould.

Praline Ice Cream I

3 pints cream
1⅓ cups sugar
1 cup Jordan almonds
¼ teaspoon salt
1 tablespoon vanilla

Blanch almonds, cut in pieces crosswise, and bake in a shallow pan until well browned, shaking pan frequently; then finely chop. Caramelize one-half of the sugar, and add slowly to two cups of the cream scalded. As soon as sugar is melted, add nuts, remaining sugar, and salt. Cool, add remaining cream, and freeze.

Praline Ice Cream II

½ cup sugar
⅔ cup chopped pecan nut meats
2 cups scalded milk
Yolks 3 eggs
½ cup sugar
Few grains salt
1 cup heavy cream
¾ tablespoon vanilla

Put one-half cup sugar in small omelet pan and stir constantly, until caramelized. Add nut meats and turn into a slightly buttered tin. Cool, pound, and pass through a strainer or force through a food chopper. Make a custard of milk, egg yolks, remaining sugar, and salt. Add prepared nuts and cool; then add cream, beaten until stiff, and vanilla and freeze.

Macaroon Ice Cream

1 quart cream
1 cup macaroons = 8
½ cup sugar
1 tablespoon vanilla
Few grains salt

Dry, pound, and measure macaroons; add to cream, sugar, and vanilla, then freeze.

Banana Ice Cream

1 quart cream
4 bananas
1½ tablespoons lemon juice
1 cup sugar
A few grains salt

Remove skins and scrape bananas, then force through a sieve; add remaining ingredients; then freeze.

Ginger Ice Cream

To recipe for Vanilla Ice Cream II, using one-half quantity vanilla, add one-half cup Canton ginger cut in small pieces, three tablespoons ginger syrup, and two tablespoons Sherry wine; then freeze.

Pistachio Ice Cream

Prepare same as Vanilla Ice Cream II, using for flavoring one tablespoon vanilla and one teaspoon almond extract; color with Burnett's Leaf Cream.

Pistachio Bisque

To Pistachio Ice Cream add one-half cup each of pounded macaroons, chopped almonds, and peanuts. Mould, and serve with or without Claret Sauce.

Fig Ice Cream

3 cups milk
1 cup sugar
Yolks 5 eggs
1 teaspoon salt
1 lb. figs, finely chopped
1½ cups heavy cream
Whites 5 eggs
1 tablespoon vanilla
2 tablespoons brandy

Make custard of yolks of eggs, sugar, and milk; strain, add figs, cool, and flavor. Add whites of eggs beaten until stiff and heavy cream beaten until stiff; freeze and mould.

Junket Ice Cream with Peaches

4 cups lukewarm milk
1 cup heavy cream
1¼ cups sugar
⅛ teaspoon salt
1½ Junket Tablets
1 tablespoon cold water
1 tablespoon vanilla
1 teaspoon almond extract
Green Coloring
1 can peaches

Mix first four ingredients, and add junket tablets dissolved in cold water. Turn into a pudding dish and let stand until set. Add flavoring and coloring. Freeze, mould, and serve garnished with

halves of peaches, filling cavities with halves of blanched almonds. Turn peaches into a saucepan, add one-third cup sugar, and cook slowly until syrup is thick. Cool before garnishing ice cream.

Violet Ice Cream

1 quart cream
¾ cup sugar
Few grains salt
⅓ cup Yvette Cordial
1 small bunch violets
Violet coloring

Mix first four ingredients. Remove stems from violets, and pound violets in a mortar until well macerated, then strain through cheesecloth. Add extract to first mixture; color, freeze, and mould. Serve garnished with fresh or candied violets; the light purple cultivated violets should be used and the result will be most gratifying.

Neapolitan or Harlequin Ice Cream

Two kinds of ice cream and an ice moulded in a brick.

Baked Alaska

Whites 6 eggs
6 tablespoons powdered sugar
2 quart brick of ice cream
Thin sheet sponge cake

Make meringue of eggs and sugar as in Meringue I, cover a board with white paper, lay on sponge cake, turn ice cream on cake (which should extend one-half inch beyond cream), cover with meringue, and spread smoothly. Place on oven grate and brown quickly in hot oven. The board, paper, cake, and meringue are poor conductors of heat, and prevent the cream from melting. Slip from paper on ice cream platter.

Pudding Glacé

2 cups milk
⅔ cup raisins
1 cup sugar
1 egg
1 tablespoon flour
¼ teaspoon salt
1 quart thin cream
½ cup almonds
½ cup candied pineapple
⅓ cup Canton ginger
3 tablespoons wine

Scald raisins in milk fifteen minutes, strain, make custard of milk, egg, sugar, flour, and salt; strain, cool, add pineapple, ginger cut in small pieces, nuts finely chopped, wine, and cream; then freeze. The raisins should be rinsed and saved for a pudding.

Frozen Pudding I

2½ cups milk
1 cup sugar
⅛ teaspoon salt
2 eggs
1 cup heavy cream
¼ cup rum
1 cup candied fruit, cherries, pineapples, pears, and apricots

Cut fruit in small pieces, and soak two or three hours in brandy to cover, which prevents fruit from freezing; make a custard of milk, sugar, salt, and eggs; strain, cool, add cream and rum, then freeze. Fill a brick mould with alternate layers of the cream and fruit; pack in salt and ice and let stand two hours.

Frozen Pudding II

1 quart cream
¾ cup sugar
¼ cup rum
1 cup candied fruit
8 lady fingers

Cut fruit in pieces, and soak several hours in brandy to cover. Mix cream, sugar, and rum, then freeze. Line a two-quart melon mould with lady fingers, crust side down; fill with alternate layers of the cream and fruit, cover, pack in salt and ice, and let stand two hours. Brandied peaches cut in pieces, with some of their syrup added, greatly improve the pudding.

Manhattan Pudding

1½ cups orange juice
¼ cup lemon juice
Sugar
½ pint cream
¼ cup powdered sugar
½ tablespoon vanilla
⅔ cup chopped walnut meats

Mix fruit juices and sweeten to taste. Turn mixture in brick mould. Whip cream, and add sugar, vanilla, and nut meats; pour over the first mixture to overflow mould; cover with buttered paper, fit on cover, pack in salt and ice, and let stand three hours. Powdered macaroons may be used in place of walnut meats.

Sultana Roll with Claret Sauce

Line one-pound baking-powder boxes with Pistachio Ice Cream; sprinkle with Sultana raisins which have been soaked one hour in brandy; fill centres with Vanilla Ice Cream or whipped cream, sweetened, and flavored with vanilla; cover with Pistachio Ice Cream; pack in salt and ice, and let stand one and one-half hours.

Claret Sauce

1 cup sugar
¼ cup water
⅓ cup claret

Boil sugar and water eight minutes; cool slightly, and add claret.

Angel Parfait

1 cup sugar
¾ cup water
Whites 3 eggs
1 pint heavy cream
1 tablespoon vanilla

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly on the beaten whites of eggs, and continue the beating until mixture is cool. Add cream beaten until stiff, and vanilla; then freeze.

Café Parfait

1 cup milk
¼ cup Mocha coffee
Yolks 3 eggs
⅛ teaspoon salt
1 cup sugar
3 cups thin cream

Scald milk with coffee, and add one-half the sugar; without straining, use this mixture for making custard, with eggs, salt, and remaining sugar; add one cup cream and let stand thirty minutes; cool, strain through double cheesecloth, add remaining cream, and freeze. Line a mould, fill with Italian Meringue, cover, pack in salt and ice, using two parts crushed ice to one part rock salt, and let stand three hours.

Italian Meringue

½ cup sugar
¼ cup water
Whites 3 eggs
¾ cup cream
½ tablespoon vanilla
¼ teaspoon granulated gelatine

Make syrup by boiling sugar and water; pour slowly on beaten whites of eggs, and continue beating. Place in pan of ice water, and beat until cold; dissolve gelatine in small quantity boiling water; strain into mixture; whip cream, fold in whip, and flavor.

Bombe Glacée

Line a mould with sherbet or water ice; fill with ice cream or thin Charlotte Russe mixture; cover, pack in salt and ice, and let stand two hours. The mould may be lined with ice cream. Pomegranate or Raspberry Ice and Vanilla or Macaroon Ice Cream make a good combination.

Noisette Bomb

Strawberry Ice I
½ cup sugar
½ cup chopped blanched filberts
¾ cup hot caramel syrup
Yolks 4 eggs
1½ cups heavy cream
½ tablespoon vanilla
Few grains salt

Caramelize sugar, add nut meats, turn into a buttered pan, cool, then pound in mortar, and put through a purée strainer. Beat egg yolks until thick, add gradually caramel syrup, and cook in double boiler until mixture thickens; then beat until cold. Fold in cream beaten until stiff. Then add prepared nut meats, vanilla, and salt. Line melon mould with ice, turn in mixture, pack in salt and ice, and let stand three hours.

Nesselrode Pudding

3 cups milk
1½ cups sugar
Yolks 5 eggs
½ teaspoon salt
1 pint thin cream
¼ cup pineapple syrup
1½ cups prepared French chestnuts

Make custard of first four ingredients, strain, cool, add cream, pineapple syrup, and chestnuts; then freeze. To prepare chestnuts, shell, cook in boiling water until soft, and force through a strainer. Line a two-quart melon mould with part of mixture; to remainder add one-half cup candied fruit cut in small pieces, one-quarter cup Sultana raisins, and eight chestnuts broken in pieces, first soaked several hours in Maraschino syrup. Fill mould, cover, pack in salt and ice, and let stand two hours. Serve with whipped cream, sweetened and flavored with Maraschino syrup.

Pistachio Fruit Ice Cream

3 cups milk
1½ cups sugar
Yolks 5 eggs
½ teaspoon salt
1 pint heavy cream
1½ cups chestnut purée
1 teaspoon almond extract
1 tablespoon vanilla
¾ cup glacé fruits
Maraschino
Green coloring

Make a custard of first four ingredients, strain, cool; add cream, chestnut purée, flavoring, and glacé fruit cut in pieces and previously soaked in Maraschino three hours. Color with leaf green; freeze, mould, pack in salt and ice, and let stand two hours. Serve with

Fruit Sauce. Drain syrup from a pint jar of canned strawberry, raspberry, or pineapple, heat to boiling-point, thicken slightly with arrowroot, and color with fruit red.

Nougat Ice Cream

3 cups milk
1 cup sugar
Yolks 5 eggs
1 teaspoon salt
1½ cups heavy cream
Whites 5 eggs
½ cup, each, pistachio, filbert, English walnut, and almond meats
1 teaspoon almond extract
1 tablespoon vanilla

Make a custard of first four ingredients, strain, and cool. Add heavy cream beaten until stiff, whites of eggs beaten until stiff, nut meats finely chopped, and flavoring; then freeze.

Orange Pekoe Ice Cream

2 cups milk
3 tablespoons Orange Pekoe tea
1½ cups sugar
Yolks 4 eggs
¼ teaspoon salt
Grated rind 1 orange
1 pint heavy cream

Scald milk to which tea has been added, and let stand five minutes. Add sugar, and egg yolks slightly beaten, and cook until mixture thickens. Strain, add remaining ingredients, freeze, and mould. Serve garnished with Candied Orange Peel.

Orange Delicious

2 cups sugar
1 cup water
2 cups orange juice
1 cup cream
Yolks two eggs
1 cup heavy cream
¼ cup shredded candied orange peel

Boil sugar and water eight minutes, then add orange juice. Scald cream, add yolks of eggs, and cook over hot water, stirring constantly, until mixture thickens. Cool, add to first mixture with heavy cream beaten stiff. Freeze; when nearly frozen, add orange peel. Line a melon mould with Orange Ice, fill with Orange Delicious, pack in salt and ice, and let stand one and one-half hours.

Strawberry Mousse

1 pint cream
1 box strawberries
1 cup sugar
1½ tablespoons granulated gelatine
2 tablespoons cold water
3 tablespoons hot water

Wash and hull berries, sprinkle with sugar, and let stand one hour; mash, and rub through a fine sieve; add gelatine soaked in cold and dissolved in boiling water. Set in pan of ice water and stir until it begins to thicken; then fold in whipped cream, put in mould, cover, pack in salt and ice, and let stand four hours. Raspberries may be used in place of strawberries.

Coffee Mousse

Make same as Strawberry Mousse, using one cup boiled coffee in place of fruit juice.

Pineapple Mousse

1 tablespoon granulated gelatine
¼ cup cold water
1 cup pineapple syrup
2 tablespoons lemon juice
1 cup sugar
1 pint cream

Heat one can pineapple, and drain. To one cup of the syrup, add gelatine soaked in cold water, lemon juice, and sugar. Strain and cool. As mixture thickens, fold in whipped cream. Mould, pack in salt and ice, and let stand four hours.

Chocolate Mousse

2 squares unsweetened chocolate
½ cup powdered sugar
½ cup cream
½ cup milk
3 tablespoons boiling water
¾ cup sugar
1 teaspoon vanilla
1½ cups cream
¾ tablespoon granulated gelatine

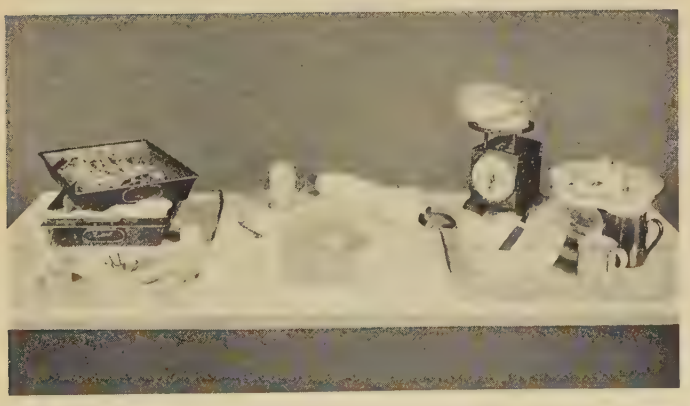
Melt chocolate, add powdered sugar, and gradually cream, and milk. Stir over fire until boiling-point is reached, then add gelatine dissolved in boiling water, sugar, and vanilla. Strain mixture into a bowl, set in a pan of ice water, stir constantly until mixture thickens, then add remaining cream beaten until stiff. Mould, pack in salt and ice, and let stand four hours.

Maple Parfait

4 eggs
1 cup hot maple syrup
1 pint thick cream

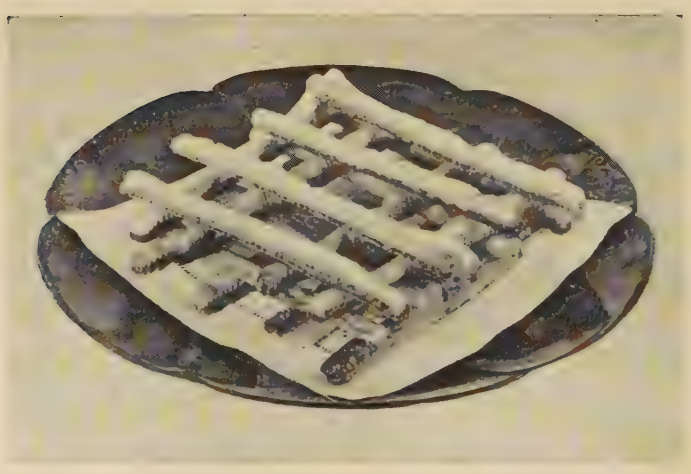
Beat eggs slightly, and pour on slowly maple syrup. Cook in double boiler until mixture thickens, cool, and add cream beaten until stiff. Mould, pack in salt and ice, and let stand three hours.

Bombe Glacée. — *Page 555.*



Utensils and Materials for the making of Puff Paste.
Page 574.

Patties garnished with Pastry Rings and Parsley. — *Page 575.*



Cheese Straws. — *Page 588.*

Mousse Marron

1 quart vanilla ice cream
½ cup sugar
¼ cup water
Whites two eggs
1 teaspoon granulated gelatine
1½ cups prepared French chestnuts
1 pint cream
½ tablespoon vanilla

Cook sugar and water five minutes, pour on to beaten whites of eggs, dissolve gelatine in one and one-half tablespoons boiling water, and add to first mixture. Set in a pan of ice water, and stir until cold; add chestnuts, and fold whipped cream and vanilla. Line a mould with ice cream, and fill with mixture; cover, pack in salt and ice, and let stand three hours.

Cardinal Mousse, with Iced Madeira Sauce

Line a mould with Pomegranate Ice; fill with Italian Meringue made of three-fourths cup sugar, one-third cup hot water, whites two eggs, and one and one-half teaspoons granulated gelatine dissolved in two tablespoons boiling water. Beat until cold, and fold in two cups whipped cream; flavor with one teaspoon vanilla, cover, pack in salt and ice, and let stand three hours.

Iced Madeira Sauce

¼ cup orange juice
2 tablespoons lemon juice
½ cup Madeira wine
½ cup sugar
1 cup boiling water
Whites 2 eggs

Freeze fruit juice and wine; boil sugar and water, pour on slowly to beaten whites of eggs, set in pan of salted ice water, and stir until cold. Add to frozen mixture.

Cocoanut Naples, Sauterne Sauce

Shape vanilla ice cream in individual moulds, and roll in shredded cocoanut; serve with

Sauterne Sauce

1 cup sugar
½ cup water
4 tablespoons Sauterne
Green coloring

Make same as Claret Sauce, and color with leaf green.

Ice à la Margot

Serve vanilla ice cream in champagne glasses. Cover ice cream with whipped cream, sweetened, flavored with pistachio, and tinted

very light green. Garnish with pistachio nuts or Malaga grapes cut in halves.

Coupe aux Marrons

Break marron glacé in pieces, flavor with rum, cover, and let stand one hour. Put in champagne glasses, allowing one and one-half marrons to each glass, cover with vanilla ice cream, and garnish with whipped cream, sweetened and flavored with vanilla, and candied rose leaves.

Plombière Glacé

Cover the bottom of small paper cases with vanilla ice cream, sprinkle ice cream with marron glacé broken in pieces, arrange lady fingers at equal distances, and allow them to extend one inch above cases. Pile whipped cream, sweetened and flavored, in the centre and garnish with marron glacé and candied violets or glacé cherries.

Demi-Glacé aux Fraises

Line a brick mould with Vanilla Ice Cream, put in layer of lady fingers, and fill the centre with preserved strawberries or large fresh fruit cut in halves; cover with ice cream, pack in salt and ice, and let stand one hour. For ice cream, make custard of two and one-half cups milk, yolks four eggs, one cup sugar, and one-fourth teaspoon salt; strain, cool, add one cup heavy cream and one tablespoon vanilla; then freeze.

Mazarine

Bake Brioche in a Charlotte Russe mould or individual tins, cool, cut a slice from top of cake or cakes, and remove centre or centres, leaving a wall or walls one-half inch thick. Fill with rich Vanilla Ice Cream, invert on serving dish, and pour over

Apricot Marmalade. Drain one can apricots and force the fruit through a strainer. Cook syrup until sufficiently reduced to add to fruit, and make of consistency of marmalade. Add a few drops lemon juice and sugar if necessary. Decorate top with halves of apricots, glacé cherries, and whipped cream.

Flowering Ice Cream

Line two and one-half-inch flower-pots with paraffine paper. Fill with ice cream, cover cream with grated vanilla chocolate to represent earth, and insert a flower in each.

Concord Cream

1 pint cream
1¼ cups grape juice
⅓ cup sugar
Lemon or fresh lime juice
½ cup heavy cream
Pistachio nuts, finely chopped

Mix cream, grape juice, and sugar. Add lemon or lime juice to taste. Freeze, and serve in glasses. Garnish with heavy cream beaten until stiff, sweetened, and flavored. Sprinkle cream with nuts.

German Ice Cream

Mix one and one-fourth cups sugar, one tablespoon flour, and one-fourth teaspoon salt. Add two eggs slightly beaten and two cups scalded milk. Cook over hot water until mixture thickens, then add two squares melted chocolate, and cool. Add three cups cream and one tablespoon vanilla. Strain and freeze. Just before serving add three cups zweiback dried and broken in small pieces.

Frozen Orange Soufflé

1½ cups orange juice
1½ cups sugar
2 tablespoons lemon juice
Yolks 5 eggs
1½ teaspoons granulated gelatine
3 tablespoons boiling water
1 pint cream
Candied orange peel
Pistachio nuts

Mix fruit juice, sugar, and yolks of eggs. Cook over boiling water until mixture thickens; then add gelatine dissolved in boiling water. Cool, freeze to a mush, add whipped cream, and continue freezing. Mould, and serve garnished with candied orange peel and pistachio nuts.

Biscuit Tortoni in Boxes

1 cup dried macaroons, finely crushed
2 cups thin cream
½ cup sugar
⅓ cup Sherry
1 pint heavy cream

Soak macaroons in thin cream one hour, add sugar, wine, and freeze to a mush; then add heavy cream beaten stiff. Mould, pack in salt and ice, and let stand two hours.

Trim lady fingers, arrange on plate in form of box. Keep in place with ribbon one-half inch wide, and fasten at one corner by tying ribbon in a bow. Garnish opposite corner with flowers of same color as ribbon. Remove ice cream from brick, cut a slice three-fourths inch thick, and place it in box.

Frozen Soufflé Glacé

4 eggs
Grated rind 1 lemon
⅔ cup sugar
1 tablespoon lemon juice
½ cup Madeira wine
Few grains salt
⅔ cup heavy cream

Beat yolks of eggs slightly; add lemon juice, grated rind, wine, sugar, and salt; cook until mixture thickens, stirring constantly. Add whites of eggs beaten stiff, and when well mixed, set in a pan of ice water to cool, stirring occasionally. Beat cream until stiff, and add. Fill small paper cases with mixture, cover with macaroon dust, and set in a tin mould with tight-fitting cover. Pack mould in salt and ice, and let stand two hours.

Frozen Plum Pudding

2 cups milk
1 cup sugar
Yolks 6 eggs
¼ teaspoon salt
¼ cup sherry
2½ cups cream
¾ cup candied fruit
½ cup almonds, blanched and chopped
⅓ cup Sultana raisins
½ cup pounded macaroons

Make custard of milk, one-half the sugar, egg yolks, and salt. Caramelize the remaining sugar and add. Strain, cool, add remaining ingredients, freeze, and mould. If a baked ice cream is desired, use whites of eggs for meringue, Baked Alaska (see p. 553).

Frozen Charlotte Glacé

Mould ice cream in brick form or one-half pound baking-powder boxes. Remove from mould or moulds, and surround with lady fingers, trimmed to come to top of cream. Cover top with whipped cream, sweetened, and flavored, and pipe cream between lady fingers. Baking-powder boxes are used when individual service is desired, the cream being cut in halves crosswise.

Normandy Ice Cream

2 cups sugar
½ cup water
Yolks 6 eggs
1 pint heavy cream
4 tablespoons Maraschino
1 teaspoon vanilla
Few grains salt

Put sugar and water in saucepan, bring to boiling-point and let boil until syrup will spin a thread when dropped from tip of spoon. Pour

gradually, while beating constantly, on yolks of eggs, well beaten. Cool, add cream, beaten until stiff, and remaining ingredients. Freeze and serve in glasses with Marshmallow Sauce.

Marshmallow Sauce

¼ pound marshmallows — 1 cup confectioners' sugar
¼ cup boiling water

Cut marshmallows in pieces and melt in double boiler. Dissolve sugar in boiling water, add to marshmallows, and stir until thoroughly blended. Turn into a bowl and cool before serving. A delicious accompaniment to chocolate or coffee ice cream.

Henri Apricot Ice Cream

1 can apricots — ¼ cup lemon juice
1½ cups orange juice — Few grains salt
1 cup sugar

Drain apricots and force fruit through a purée strainer. To syrup add fruit juices and salt, and sweeten to taste; then add apricot purée. Freeze, using three parts finely crushed ice to one part rock salt, and mould in one-half-pound baking-powder boxes. Pack in salt and ice and let stand one and one-half hours. Remove from moulds, cut in slices for serving, and garnish with Praline Ice Cream.

Standish Pudding

1 quart box strawberries
1 cup granulated sugar
1 cup water
Lemon juice
1 pint heavy cream
½ cup powdered sugar
½ tablespoon vanilla
⅔ cup rolled dried macaroons

Pick over strawberries, sprinkle with granulated sugar, cover, and let stand two hours. Mash, squeeze through a double thickness of cheesecloth, and add water and lemon juice to taste. Turn mixture into a brick mould. Beat cream until stiff and add powdered sugar, vanilla, and rolled macaroons. Pour over fruit mixture to overflow mould. Cover with buttered paper (buttered side up), adjust cover, pack in rock salt and finely crushed ice, using equal parts, and let stand three hours. Remove from mould to chilled serving dish and garnish with Spun Sugar.

Montrose Pudding

Line a melon mould or baking-powder boxes with Lemon Ice, fill with Maraschino Cream, cover with buttered paper, adjust cover,

pack in salt and ice, using one part salt to two parts ice, and let stand three hours. Remove to serving dish and garnish with Maraschino Cream, forced through a pastry bag and tube, crystallized mint leaves, and glacéd cherries.

Lemon Ice. Make a syrup by boiling four cups water and two cups sugar five minutes. Add three-fourths cup lemon juice, cool, strain, and freeze.

Maraschino Cream. Beat one pint heavy cream until stiff. Add one-half cup powdered sugar, two tablespoons syrup from Maraschino cherries, and a few grains salt.

Glacé Hélène

Line a mould with vanilla ice cream and fill with the following mixture: Beat one pint heavy cream until stiff and add one-half cup powdered sugar, one jar red Bar-le-duc Currants, one teaspoon vanilla, and one cup canned pineapple, cut in small cubes, and soaked in one tablespoon Kirsch one hour. Cover with ice cream to overflow mould. Adjust cover, pack in salt and ice, using equal parts, and let stand two hours.

Bombe Mousselaine

Line a mould with strawberry ice and fill with the following mixture: Beat one cup heavy cream until stiff and add three-fourths cup powdered sugar, one cup strawberry purée, one tablespoon Kirsch, and two teaspoons vanilla. Cover with strawberry ice to overflow mould, adjust cover, pack in salt and ice, using equal parts, and let stand two hours. To obtain strawberry purée force fresh strawberries through a purée strainer. Remove to chilled serving dish and garnish with whipped cream, sweetened and flavored with vanilla, and fresh selected strawberries.

Bombe Suprême

2 cups water
1 cup sugar
Few gratings orange rind
Yolks 4 eggs
1 tablespoon granulated gelatine
3 tablespoons cold water
1⅓ cups orange juice
1½ cups grape fruit
1 tablespoon lemon juice
1½ cups heavy cream
½ cup powdered sugar
Few grains salt
¾ tablespoon Maraschino

Put water, sugar, and grated rind in saucepan, bring to the boiling-point, add yolks of eggs, slightly beaten, and boil one minute. Re-

move from range and add gelatine, soaked in cold water. Strain, cool, add fruit juices and freeze. Line a two-quart melon mould with frozen mixture and fill with cream, beaten until stiff, sweetened, and flavored. Cover with buttered paper, adjust cover, pack in salt and ice and let stand two and one-half hours. Remove from mould to serving dish and garnish with red Bar-le-duc Currants and pistachio nuts.

Coffee Caramel Parfait

1 cup milk
2 tablespoons ground coffee
½ cup caramelized sugar
Yolks 3 eggs
½ cup sugar
¼ teaspoon salt
2 cups cream
1 teaspoon vanilla

Scald milk with coffee and add caramelized sugar and yolks of eggs, slightly beaten, and mixed with sugar and salt. Cook until mixture thickens, stirring constantly; strain and cool. Add cream and vanilla and freeze. Line moulds with mixture, fill cavities with Sherry Cream, cover, pack in salt and ice, using equal parts, and let stand two hours. Remove from moulds and roll in Jordan almonds, blanched, shredded, and browned in oven. Arrange on a serving dish and surround with spun sugar.

Sherry Cream. Beat one cup heavy cream until stiff and add one-fourth cup powdered sugar, two tablespoons Sherry wine, one-half teaspoon almond extract, and a few grains salt.

Strawberry Parfait Amour

Part I

1 quart box strawberries
2 cups sugar
½ cup water
Whites 3 eggs
1 pint heavy cream

Wash, pick over, hull, and mash berries. Sprinkle with one-half the sugar, cover, and let stand several hours; then force through a fine strainer. Put remaining sugar in saucepan, add water, bring to boiling-point, and let boil until mixture will spin a thread when dropped from tip of spoon. Pour syrup gradually, while beating constantly, on whites of eggs, beaten until stiff. Cool and fold in cream, beaten until stiff. Freeze strawberry juice to a mush, add cream mixture, and continue the freezing.

Part II

1 pint heavy cream
½ cup powdered sugar
¾ cup Jordan almonds
1½ teaspoons vanilla
¾ cup brittle
Few grains salt

Beat cream until stiff and add sugar, almonds (blanched, roasted in a slow oven, and chopped), brittle (broken in small pieces), and salt. Turn into a border or ring mould, cover with buttered paper, adjust cover, pack in salt and ice, using two parts finely crushed ice to one part rock salt, and let stand three hours.

Remove Part II from mould to chilled serving dish, pile Part I in centre and garnish with one or two crystallized pink California roses. Such roses may be bought of large city fancy grocers or confectioners.

For brittle put three-fourths cup sugar in small omelet pan, place on range, and stir constantly, until reduced to a syrup. Pour into a hot dripping pan, allowing syrup to barely cover bottom of pan. Cool, remove from pan, and roll fine.

Marron Plombière

Part I

2 cups scalded milk
¾ cup sugar
Yolks 5 eggs
1 tablespoon vanilla
⅛ teaspoon salt
2 cups thin cream
2 tablespoons brandy

Make a custard of first four ingredients; strain, cool, add cream, and freeze to a mush. Add brandy and vanilla and finish the freezing.

Part II

½ tablespoon granulated gelatine
2 tablespoons cold water
¼ cup scalded cream
⅓ cup powdered sugar
1 pint cream
1 teaspoon vanilla
A few grains salt
10 brandied marrons
¼ cup Sultana raisins
5 macaroons
1½ tablespoons brandy

Soak gelatine in cold water, dissolve in scalded cream, and add powdered sugar. Set in pan of ice water and stir until mixture begins to thicken; then add the whipped cream, vanilla, salt, marrons broken in pieces, Sultana raisins, and macaroons (broken in pieces) soaked in brandy one hour.

Line a mould with Part I and fill with Part II. Cover, pack in rock salt and finely crushed ice, using equal parts, and let stand two and one-half hours.

New Year's Bomb

Part I

1½ cups milk	⅛ teaspoon salt
5 eggs	2½ cups cream
¾ cup sugar	1½ tablespoons vanilla

Make a custard of milk, eggs, sugar, and salt. Strain, cool, and add cream and vanilla. Freeze and line a melon mould with mixture.

Part II

1 cup sugar	3 tablespoons cold water
2 cups cream	⅓ cup Jordan almonds
¾ tablespoon granulated gelatine	¼ cup powdered sugar
	1 teaspoon vanilla
	⅛ teaspoon salt

Put sugar in small saucepan or omelet pan, place on hot part of range and stir constantly until melted and of the color of maple syrup. Care must be taken to prevent sugar from adhering to sides or bottom of pan. Turn caramelized sugar into a dripping pan, cool, and roll. Beat cream until stiff and add gelatine, soaked in cold water (then heated over hot water until gelatine has dissolved), caramelized sugar, almonds (blanched, roasted in a hot oven until brown, and chopped), powdered sugar, vanilla, and salt. Fill lined mould with Part II, adjust cover, pack in salt and ice, and let stand three hours.

Strawberry Ice Cream en Surprise

Beat whites of four eggs until stiff and add gradually, while beating constantly, two-thirds cup sugar, continuing the beating until mixture will hold its shape; then cut and fold in one-third cup sugar and flavor with one-half teaspoon vanilla. Brush over a pasteboard box (of correct size to cover a three-pint brick mould) with a piece of tissue paper dipped in olive oil. Cover box with mixture forced through a pastry bag and large rose tube in parallel rows, lengthwise. Place on tin sheet and bake in a slow oven fifty minutes. Remove case from box, cool, and put over a three-pint brick of strawberry ice cream, on a chilled serving dish. Garnish with a crystallized pink rose. Cut in slices, crosswise, for serving.

Lighted Ice Cream

2 cups scalded milk
½ cup sugar
Yolks 6 eggs
¼ teaspoon salt
1 pint cream
Canned quinces
½ cup quince syrup
3 tablespoons orange Curaçoa
1 teaspoon Kirsch
½ teaspoon rum

Make a custard of first four ingredients, strain, and cool. Drain canned quince and force some of the pulp through a purée strainer; there should be two-thirds cup pulp. Add to custard, cream, quince pulp, and remaining ingredients. Freeze and fill one-pound baking-powder boxes, pack in salt and ice, and let stand two hours. Color cold water violet. Set fancy ring mould in pail on bed of rock salt and finely crushed ice (using equal parts) and fill mould with the colored water. Add salt and ice until it comes nearly to top of mould and let stand until ice is nearly melted. If by this time water is not sufficiently frozen to form a shell, repack. Invert ice shell and drain off water. Put on a folded napkin on serving dish and surround with slices cut from mould of ice cream, sprinkled with candied violets. Have ready a circular piece of cardboard of correct size to fit ring mould. Cut down three small candles, melt bottoms, and place at regular intervals on cardboard. Light candles just before sending to table. The effect is heightened when the room is darkened.

Chantilly Mousse

1 pint heavy cream
½ cup powdered sugar
Few grains salt
10 drops Hudnut's essence of violet
2 cups meringues, broken in pieces

Beat cream until stiff, using an egg beater. Remove beater and add remaining ingredients. Turn into a mould, filling to overflowing, adjust cover, pack in finely crushed ice and rock salt (using equal parts), and let stand four hours. Remove to serving dish and garnish with candied violets and angelica.

Grape Fruit Cocktail with Mint Balls

Remove pulp from grape fruit and cut sections in pieces. Sprinkle with powdered sugar and chill in ice box. Serve in double cocktail glasses and garnish each with three small balls made of Crême de Menthe Ice and three green leaves.

Coupe Moquin

Make an orange ice mixture and freeze to a mush; then add two tablespoons Crême de Menthe cordial and continue the freezing. Serve in coupe glasses and garnish with Bar-le-duc Currants, candied orange peel, and fresh mint leaves.

Hamburg Grape Coupe

Beat yolks of seven eggs until thick and add three-fourths cup sugar, one-eighth teaspoon salt, one quart thin cream and three tablespoons Sherry wine. Freeze and fill coupe glasses two-thirds-full of mixture and pipe Lemon Ice around edge, by forcing through a pastry bag and tube. Fill cavity with Hamburg grapes from which skins and seeds have been removed.

Coupe Majestic

Remove pulp from oranges in sections, allowing three sections to each coupe, as well as one teaspoon Bar-le-duc Currants and two-thirds teaspoon Kirsch. Put prepared fruit in coupe glasses, cover with Orange Ice Cream and cover ice cream with Orange Ice colored pink. Make a depression in centre of Orange Ice and fill with whipped cream, to which is added Bar-le-duc Currants. Pour over each coupe one-half teaspoon Kirsch. Kirsch may be omitted.

Pineapple Coupe

Mix one-half cup, each, shredded pineapple and sections of oranges, cut in pieces, and one-fourth cup Malaga grapes (from which skin and seeds have been removed), cut in halves. Pour over two tablespoons Sherry wine and add two tablespoons powdered sugar and a few grains salt. Cover and let stand in ice box until thoroughly chilled.

Arrange fruit in eight coupe glasses, cover with Vanilla Ice Cream, slightly piled in centre, and garnished with five triangular pieces of candied pineapple, five circular pieces of angelica, and a glacéd cherry.

Coupe Suzanne

Remove apricots from can and cut in small pieces. To syrup add one-half cup sugar, bring to the boiling-point and let simmer three minutes; add apricots and continue the boiling until syrup is thick and apricots are very soft. Half fill coupe, or frappé glasses with vanilla ice cream, put one tablespoon prepared apricots in each, cover with ice cream, and garnish with red Bar-le-duc jam.

Coupe Caruso

Put in coupe glasses one tablespoon, each, shredded pineapple and thin strips of apple, soaked in rum. Fill glasses with Strawberry and Pistachio Ice Cream, using equal parts, having the dividing line between the two kinds extend up and down through centre of glass. Spread evenly on top and garnish with diamond-shaped pieces of angelica and one-half a glacéd cherry.

Coupe Louisiana

Mix two-thirds cup, each, fresh shredded pineapple and strawberries, cut in quarters. Sprinkle with one-fourth cup powdered sugar and pour over one-half tablespoon Maraschino. Cover and let stand in cold place two hours. Put mixture in eight coupe glasses, cover fruit with Orange Ice, colored pink. Cover ice with Strawberry Ice Cream and garnish top of each with a small cream cake filled with whipped cream, sweetened and flavored with vanilla, and covered with Confectioners' Frosting, colored pink.

Cognac Pear Coupe

Drain canned pears from syrup and to syrup add one-half cup sugar and a few grains salt. Bring to the boiling-point and let simmer fifteen minutes. Add two tablespoons brandy and eight whole pears. Place on back of range and let stand ten minutes; then drain. Cut remaining pears in small pieces; there should be one cup. Add one-half slice canned pineapple, cut in small pieces, and two tablespoons Maraschino cherries, cut in quarters, and pour over one tablespoon brandy and one-fourth cup pineapple syrup. Arrange fruit in eight coupe glasses, cover with Vanilla Ice Cream, place whole pears in centre, and garnish with whipped cream, sweetened and flavored with vanilla and forced through a pastry bag and tube.

Chocolate Mint Coupe

Put a layer of Chocolate Ice Cream in coupe glass, cover with a layer of Mint Cream, and cover Mint Cream with a layer of Chocolate Ice Cream. Garnish each with a glacéd mint paste.

Chocolate Ice Cream. Put one-half pound sweet chocolate in double boiler, add two cups cold milk, and cook over hot water until thick and smooth; the time required being about fifteen minutes. Beat three eggs and add one cup sugar; then add two cups thin

cream, one tablespoon vanilla, and one-eighth teaspoon salt. Combine mixtures, strain, and freeze.

Mint Cream. Mix one cup heavy cream, one cup milk, one-half cup sugar, and three drops oil of peppermint; then color green and freeze.

Plombière Charlotte

Turn contents one can peaches into a saucepan, add one-third cup sugar and a few grains salt, bring to the boiling-point, and let simmer until syrup is thick. Cut fruit in small pieces, pour over two tablespoons brandy, and chill. Put one tablespoon prepared fruit in each coupe glass, cover with Junket Ice Cream, and arrange four halves of lady fingers at equal distances on top. Fill spaces with heavy cream, whipped, sweetened, and flavored with brandy and vanilla in combination. Garnish top of each with a glacéd cherry.

Frozen Orange Whip

1 cup sugar
⅔ cup water
Grated rind 2 oranges
¼ cup orange juice
1 pint heavy cream
2 oranges

Boil sugar and water until syrup will thread when dropped from tip of spoon. Add grated rind and orange juice, cover and keep warm one hour; then cool. Beat cream until stiff and add, gradually, the orange syrup. Cut oranges in halves, crosswise, and remove pulp and separate into small pieces. Pour juice from the two oranges into a brick mould; then put in alternate layers of cream and orange pulp until mould is filled to overflowing. Adjust cover, pack in salt and ice, using equal parts, and let stand two hours.

Parfait Amour

4 cups water
2 cups sugar
2 cups orange juice
¼ cup lemon juice
Grated rind 2 oranges
Granadine
Kirsch
Brandy

Mix water and sugar, bring to the boiling-point, and let boil one minute. Add fruit juice, and grated rind; cool, strain, and freeze. Serve in tall coupe glasses, make a depression in each one, using the handle of a wooden spoon, and fill each cavity with one teaspoon granadine, one teaspoon Kirsch and one-half teaspoon brandy. By adding the liquors in this order their difference in specific gravity will cause them to appear in three distinct layers.

Pineapple Marquise

2 cups sugar
2 cups water
2 cups pineapple juice
Juice 1 lemon
¼ cup Swiss Kirsch
Few grains salt
1 pint heavy cream
1 cup pineapple purée
¼ cup powdered sugar
1 teaspoon vanilla

Make a syrup by boiling sugar and water two minutes, add pineapple juice, lemon juice, Kirsch, and salt, and freeze, using equal parts of finely crushed ice and rock salt. Just before serving add remaining ingredients. Serve in coupe or champagne glasses. To obtain pineapple purée, force canned pineapple through a purée strainer.

Pistachio Parfait

1 cup sugar
¼ cup water
Whites 3 eggs
1 tablespoon vanilla
1 teaspoon almond extract
1 pint heavy cream
Green coloring
½ cup finely chopped pistachio nuts
Whipped cream

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour slowly, while stirring constantly, on the beaten whites of eggs, and continue the beating until mixture is cold; then add flavoring. Color cream a delicate green and beat until stiff. Add to first mixture with nut meats. Freeze, using three pints finely crushed ice to one pint rock salt, and serve in glasses. Garnish top with whipped cream, sweetened and flavored with vanilla, and sprinkle with chopped pistachio nuts.

Marron Parfait

1 cup sugar
¼ cup water
Yolks 6 eggs
1 cup marrons, cut in pieces
1 tablespoon vanilla
1 pint heavy cream

Put sugar and water in saucepan; bring to the boiling-point, and let boil five minutes. Pour syrup gradually, while beating constantly, on yolks of eggs beaten until thick, and cook over hot water, stirring constantly until mixture thickens. Remove from fire and beat until cold. Add marrons soaked in vanilla one-half hour and cream beaten until stiff.

Turn into moulds, adjust covers, pack in salt and ice (using equal parts) and let stand four hours. Remove to chilled serving dish and garnish with whipped cream (sweetened and flavored) and marrons.

CHAPTER XXVIII

PASTRY

PASTRY cannot be easily excluded from the menu of the New Englander. Who can dream of a Thanksgiving dinner without a pie! The last decade has done much to remove pies from the *daily* bill of fare, and in their place are found delicate puddings and seasonable fruits.

If pastry is to be served, have it of the best, — light, flaky, and tender.

To pastry belongs, 1st, Puff Paste; 2d, Plain Paste.

Puff paste, which to many seems so difficult of preparation, is rarely attempted by any except professionals. As a matter of fact, one who has never handled a rolling-pin is less liable to fail, under the guidance of a good teacher, than an old cook, who finds it difficult to overcome the bad habit of using too much force in rolling. It is necessary to work rapidly and with a light touch. A cold room is of great advantage.

For making pastry, pastry flour and the best shortenings, thoroughly chilled, are essential. Its lightness depends on the amount of air enclosed and expansion of that air in baking. The flakiness depends upon kind and amount of shortening used. Lard makes more tender crust than butter, but lacks flavor which butter gives. Puff paste is usually shortened with butter, though some chefs prefer beef suet. Eggs and ice were formerly used, but are not essentials.

Butter should be washed if pastry is to be of the best, so as to remove salt and buttermilk, thus making it of a waxy consistency, easy to handle.

Rules for Washing Butter. Scald and chill an earthen bowl. Heat palms of hands in hot water, and chill in cold water. By following these directions, butter will not adhere to bowl nor hands. Wash butter in bowl by squeezing with hands until soft and waxy, placing bowl under a cold-water faucet and allowing water to run. A small

amount of butter may be washed by using a wooden spoon in place of the hands.

For rolling paste, use a smooth wooden board, and wooden rolling-pin with handles.

Puff paste should be used for vol-au-vents, patties, rissoles, bouchées, cheese straws, tarts, etc. It may be used for rims and upper crusts of pies, but never for lower crusts. Plain paste may be used where pastry is needed, except for vol-au-vents and patties.

Puff Paste (by weight)

1 pound butter — 1 pound pastry flour or 14 oz. bread flour — Cold water

Wash the butter, pat, and fold until no water flies. Reserve two tablespoons of butter, and shape remainder into a circular piece one-half inch thick, and put on floured board. Work two tablespoons of butter into flour with the tips of fingers of the right hand. Moisten to a dough with cold water, turn on slightly floured board, and knead five minutes. Cover with towel, and let stand five minutes.

Pat, lift, and roll one-fourth inch thick, keeping paste a little wider than long, and corners square. If this cannot be accomplished with rolling-pin, draw into shape with fingers. Place butter on centre of lower half of paste. Cover butter by folding upper half of paste over it. Press edges firmly, to enclose as much air as possible.

Fold right side of paste over enclosed butter, the left side under enclosed butter. Turn paste one-fourth way round, pat, lift, and roll one-fourth inch thick, having paste longer than wide, lifting often to prevent paste from sticking, and dredging board slightly with flour when necessary. Fold from ends towards centre, making three layers. Repeat four times turning paste one-fourth way round each time before rolling. After fourth rolling, fold from ends to centre, and double, making four layers. Put in cold place to chill; if outside temperature is not sufficiently cold, fold paste in a towel, put in a dripping pan, and place between dripping pans of crushed ice. If paste is to be kept for several days, wrap in a napkin, put in tin pail and cover tightly, then put in cold place; if in ice box, do not allow pail to come in direct contact with ice.

To Bake Puff Paste

Baking of puff paste requires as much care and judgment as making. After shaping, chill thoroughly before baking. Puff paste re-

quires hot oven, greatest heat coming from the bottom, that the paste may properly rise. Turn frequently, that it may rise evenly. When it has risen its full height, slip a pan under the sheet on which paste is baking to prevent burning on the bottom. Puff paste should be baked on a tin sheet covered with a double thickness of brown paper, or dripping pan may be used, lined with brown paper. The temperature for baking of patties should be about the same as for raised biscuit; vol-au-vents require less heat, and are covered for first half-hour to prevent scorching on top.

Patty Shells

Roll puff paste one-quarter inch thick, shape with a patty cutter, first dipped in flour; remove centres from one-half the rounds with smaller cutter. Brush over with cold water the larger pieces near the edge, and fit on rings, pressing lightly. Place in towel between pans of crushed ice, and chill until paste is stiff; if cold weather, chill out of doors. Place on iron or tin sheet covered with brown paper, and bake twenty-five minutes in hot oven. The shells should rise their full height and begin to brown in twelve to fifteen minutes; continue browning, and finish baking in twenty-five minutes. Pieces cut from centre of rings of patties may be baked and used for patty covers, or put together, rolled, and cut for unders. Trimmings from puff paste should be carefully laid on top of each other, patted, and rolled out.

Vol-au-vents

Roll puff paste one-third inch thick, mark an oval on paste with cutter or mould, and cut out with sharp knife, first dipped in flour. Brush over near the edge with cold water, put on a rim three-fourths inch wide, press lightly, chill, and bake. Vol-au-vents require for baking forty-five minutes to one hour. During the first half-hour they should be covered, watched carefully, and frequently turned. The paste cut from centre of rim should be rolled one-quarter inch thick, shaped same size as before rolling, chilled, baked, and used for cover to the Vol-au-vent.

Quick Puff Paste

1 cup bread flour	Cold water
1 tablespoon lard	$\frac{7}{8}$ cup butter

Work lard into flour, first using knife, then tips of fingers. Moisten to a dough with cold water, pat, and roll out same as Puff Paste.

Dot paste with small pieces of butter, using one-third the quantity. Dredge with flour, fold from ends toward centre, then double, making four layers. Pat, and roll out. Repeat until butter is used. Roll, shape, chill, and bake in a hot oven.

Puff Paste (by measurement)

I

1½ cups bread flour, once sifted — 1 cup washed butter

II

1 cup bread flour, once sifted — ½ cup pastry flour, once sifted
1 cup washed butter

Use I or II and make same as Puff Paste by weight.

Irish Puff Paste

2 cups bread flour — 2 cups butter
Cold water

Put flour in bowl and add butter, separated into small pieces. Moisten to a dough with water and toss on a slightly floured board or cloth. Pound, using the rolling pin, until butter is thoroughly incorporated throughout the mixture. If butter becomes so soft that the handling is difficult, put on ice to chill. When thoroughly blended, pat, roll, shape, and bake.

Cataldi's Puff Paste

1 pound pastry flour — Yolk 1 egg
2 tablespoons lemon juice — Cold water
½ teaspoon salt — 1 pound washed butter

Put flour, once sifted, in bowl, make a depression in centre, pour in lemon juice, and add yolk of egg and salt; then add cold water to make a dough. Toss on a floured cloth, knead, cover, and let stand five minutes. Pat, roll out, and fold in washed butter, same as puff paste.

Plain Paste

1½ cups flour — ¼ cup butter
¼ cup lard — ½ teaspoon salt
Cold water

Wash butter, pat, and form in circular piece. Add salt to flour, and work in lard with tips of fingers or case knife. Moisten to dough with cold water; ice water is not an essential, but is desirable in

summer. Toss on board dredged sparingly with flour, pat, and roll out; fold in butter as for Puff Paste, pat, and roll out. Fold so as to make three layers, turn one-fourth way round, pat, and roll out; repeat. The pastry may be used at once; if not, fold in cheesecloth, put in covered tin, and keep in cold place, but never in direct contact with ice. Plain paste requires a moderate oven. This is superior paste.

Chopped Paste

2 cups flour — ⅔ cup butter
2 tablespoons lard — ½ teaspoon salt
Cold water

Wash butter. Mix salt with flour, put in chopping tray, add lard and butter, and chop until well mixed. Moisten to a dough with cold water. Toss on floured cloth (Magic Cover), pat, and roll out. Fold so as to make three layers, turn one-fourth way round, pat, and roll out; repeat. Should the butter be too hard, it will not mix readily with the flour, in which case the result will be a tough crust. Omit lard, and use all butter, if preferred.

Quick Paste

1½ cups flour — ¼ cup lard, crisco, or cottolene
¾ teaspoon salt
Cold water

Mix salt with flour, cut in shortening with knife. Moisten to dough with cold water. Toss on floured board, pat, roll out, and roll up like a jelly roll. Use one-third cup of shortening if a richer paste is desired.

Paste with Lard

1½ cups flour — ⅓ cup lard
½ teaspoon salt — Cold water

Mix salt with flour. Reserve one and one-fourth tablespoons lard, work in remainder to flour, using tips of fingers, or a case knife. Moisten to a dough with water. Toss on a floured board, pat, and roll out. Spread with one tablespoon reserved lard, dredge with flour, roll up like a jelly roll, pat, and roll out; again roll up. Cut from the end of roll a piece large enough to line a pie plate. Pat and roll out, keeping the paste as circular in form as possible. With care and experience there need be no trimmings. Worked over pastry is never as satisfactory. The remaining one-fourth tablespoon lard is used to

dot over upper crust of pie just before sending to oven; this gives the pie a flaky appearance. Ice water has a similar effect. If milk is brushed over the pie it has a glazed appearance. This quantity of paste will make one pie with two crusts and a few puffs, or two pies with one crust where the rim is built up and fluted.

Quality Paste

2 cups flour
¼ cup lard
¾ cup butter
Ice water

Put flour in bowl, add lard, and cut it in with knife. When finely chopped add water to make a very stiff dough, using as little as possible. Cut the butter into the dough, leaving it in rather coarse pieces. Chill in ice box for several hours or over night. Place ball of paste on floured cloth, pat, and roll out. Fold so as to make three layers, turn half way round, pat, and roll out. Pat, roll and fold four times, shape, and bake at once in hot oven.

Catherine's Rich Paste

2 cups pastry flour
½ teaspoon baking powder
½ teaspoon salt
⅓ cup lard
⅓ cup butter
Ice water

Mix and sift flour, baking powder, and salt. Work in lard, using the tips of the fingers. Add water, drop by drop, until mixture is of right consistency to roll. Toss on a floured cloth, pat, and roll out, and dot over with one-third the butter. Roll up like a jelly-roll, pat, roll out, dot with one-third butter, and again roll up like a jelly-roll; repeat. Chill before using.

CHAPTER XXIX

PIES

PASTE for pies should be one-fourth inch thick and rolled a little larger than the plate to allow for shrinking. In dividing paste for pies, allow more for upper than under crusts. Always perforate upper crusts that steam may escape. Some make a design, others pierce with a large fork.

Flat rims for pies should be cut in strips three-fourths inch wide. Under crusts should be brushed with cold water before putting on rims, and rims slightly fulled, otherwise they will shrink from edge of plate. The pastry-jagger, a simple device for cutting paste, makes rims with fluted edges.

Pies requiring two crusts sometimes have a rim between the crusts. This is mostly confined to mince pies, where there is little danger of juice escaping. Sometimes a rim is placed over upper crust. Where two pieces of paste are put together, the under piece should always be brushed with cold water, the upper piece placed over, and the two pressed lightly together; otherwise they will separate during baking.

When juicy fruit is used for filling pies, some of the juices are apt to escape during baking. As a precaution, bind with a strip of cotton cloth wrung out of cold water and cut one inch wide and long enough to encircle the plate. Squash, pumpkin, and custard pies are much less care during baking when bound. Where cooked fruits are used for filling, it is desirable to bake crusts separately. This is best accomplished by covering an inverted deep pie plate with paste and baking for under crust. Prick with a fork before baking. Slip from plate, and fill. For upper crusts, roll a piece of paste a little larger than the pie plate, prick, and bake on a tin sheet.

For baking pies, tin or glass plates are used. Pastry should be thoroughly baked and well browned. Pies require from thirty-five to forty-five minutes for baking. Never grease a pie plate; good pastry greases its own tin.

Apple Pie I

4 or 5 sour apples
⅔ cup sugar
¼ teaspoon grated nutmeg
⅛ teaspoon salt
1 teaspoon butter
1 teaspoon lemon juice
Few gratings lemon rind

Line pie plate with paste. Pare, core, and cut the apples into eighths, put row around plate one-half inch from edge, and work towards centre until plate is covered; then pile on remainder. Mix sugar, nutmeg, salt, lemon juice, and grated rind, and sprinkle over apples. Dot over with butter. Wet edges of under crust, cover with upper crust, and press edges together.

Bake forty to forty-five minutes in moderate oven. A very good pie may be made without butter, lemon juice, and grated rind. Cinnamon may be substituted for nutmeg. Evaporated apples may be used in place of fresh fruit. If used, they should be soaked over night in cold water.

Apple Pie II

Use same ingredients as for Apple Pie I. Place in small earthen baking dish and add hot water to prevent apples from burning. Cover closely, and bake three hours in very slow oven, when apples will be a dark red color. Brown sugar may be used instead of white sugar, a little more being required. Cool, and bake between two crusts.

Blackberry Pie

Pick over and wash one and one-half cups berries. Stew until soft with enough water to prevent burning. Add sugar to taste, and one-eighth teaspoon salt. Line plate with paste, put on a rim, fill with berries (which have been cooled); arrange six strips pastry across the top, cut same width as rim; put on an upper rim. Bake thirty minutes in moderate oven.

Blueberry Pie

2½ cups berries
Flour
½ cup sugar
⅛ teaspoon salt

Line a deep plate with Plain Paste, fill with berries slightly dredged with flour; sprinkle with sugar and salt, cover, and bake forty-five to fifty minutes in a moderate oven. For sweetening, some prefer to use one-third molasses, the remaining two-thirds to be sugar. Six

green grapes (from which seeds have been removed) cut in small pieces much improve the flavor, particularly where huckleberries are used in place of blueberries.

Cranberry Pie

1½ cups cranberries
¾ cup sugar
½ cup water

Put ingredients in saucepan in order given, and cook ten minutes; cool, and bake in one crust, with a rim, and strips across the top.

Currant Pie

1 cup currants
1 cup sugar
¼ cup flour
2 egg yolks
2 tablespoons water

Mix flour and sugar, add yolks of eggs slightly beaten and diluted with water. Wash currants, drain, remove stems, then measure; add to first mixture and bake in one crust; cool, and cover with Meringue I. Cook in slow oven until delicately browned.

Custard Pie

4 eggs
6 tablespoons sugar
¼ teaspoon salt
3 cups milk
Few gratings nutmeg

Beat eggs slightly, add sugar, salt, and milk. Line plate with paste, and build up a fluted rim. Strain in the mixture and sprinkle with few gratings nutmeg. Bake in quick oven at first to set rim, decrease the heat afterwards, as egg and milk in combination need to be cooked at low temperature.

Chocolate Custard Pie

1½ cups milk
2 tablespoons grated chocolate
½ cup sugar
1½ teaspoons butter
2 egg yolks
3½ teaspoons cornstarch
½ teaspoon vanilla

Scald one cup milk with grated chocolate, sugar, and butter. Add egg yolks, slightly beaten, and cornstarch, diluted with remaining milk, and cook ten minutes, stirring constantly until mixture thickens and afterwards occasionally; then add vanilla. Fill a pastry pie case with mixture, cover with Meringue II, forced through a pastry bag and tube, and bake until firm and delicately browned.

Date Pie

2 cups milk
½ pound sugar dates
2 eggs
¼ teaspoon salt
Few gratings nutmeg

Cook dates with milk twenty minutes in top of double boiler. Strain, and rub through sieve, then add eggs and salt. Bake same as Custard Pie.

Lemon Pie I

½ cup chopped apple
1 cup sugar
1 beaten egg
¼ cup rolled common crackers
Grated rind 1 lemon
2 tablespoons lemon juice
1 teaspoon melted butter

Mix ingredients in order given and bake with two crusts.

Lemon Pie II

1½ cups sugar
2 cups boiling water
4 tablespoons cornstarch
4 tablespoons flour
4 egg yolks
Grated rind 2 lemons
6 tablespoons lemon juice
2 teaspoons butter

Mix cornstarch, flour, and sugar, and add boiling water, stirring constantly. Cook two minutes, add butter, egg yolks, and rind and juice of lemon. Bake with two crusts.

Lemon Pie III

Yolks 4 eggs
6 tablespoons sugar
Few grains salt
1¼ cups milk
Whites 4 eggs
⅞ cup powdered sugar
1 lemon

Beat yolks of eggs slightly, add sugar, salt, grated rind of lemon, and milk. Line plate with paste as for Custard Pie. Pour in mixture. Bake in moderate oven until set. Remove from oven, cool slightly, and cover with Meringue III (see p. 596) made of whites of eggs, powdered sugar, and lemon juice.

Lemon Pie IV

3 eggs
⅔ cup sugar
Grated rind ½ lemon
¼ cup lemon juice
2 tablespoons water

Beat eggs slightly, add sugar, grated rind, lemon juice, and water. Bake in one crust in a moderate oven. Cool slightly, cover with Meringue II, then return to oven, and bake meringue.

Lemon Pie V

1 cup sugar
3 tablespoons flour
3 tablespoons lemon juice
Yolks 2 eggs
1 cup milk
1 tablespoon melted butter
Whites 2 eggs
Few grains salt

Mix sugar and flour, add lemon juice, egg yolks slightly beaten, milk, butter, whites of eggs beaten stiff, and salt. Bake in one crust, and cover with meringue or not, as desired.

Mince Pie

Mince pies should be always baked with two crusts. For Thanksgiving and Christmas pies, Puff Paste is often used for rims and upper crusts, but is never satisfactory when used for under crusts.

Mince Pie Meat I

4 lbs. lean beef
2 lbs. beef suet
Baldwin apples
3 quinces
3 lbs. sugar
2 cups molasses
2 quarts cider
4 lbs. raisins, seeded and cut in pieces
3 lbs. currants
½ lb. finely cut citron
1 quart cooking brandy or grape juice
1 tablespoon cinnamon and mace
1 tablespoon powdered clove
2 grated nutmegs
1 teaspoon pepper
Salt to taste

Cover meat and suet with boiling water and cook until tender, cool in water in which they are cooked; the suet will rise to top, forming a cake of fat, which may be easily removed. Finely chop meat, and add it to twice the amount of finely chopped apples. The apples should be quartered, cored, and pared, previous to chopping, or skins may be left on, which is not an objection if apples are finely chopped. Add quinces finely chopped, sugar, molasses, cider, raisins, currants, and citron; also suet, and stock in which meat and suet were cooked, reduced to one and one-half cups. Heat gradually, stir occasionally, and cook slowly two hours; then add brandy or grape juice and spices.

Mince Pie Meat II

5 cups chopped cooked beef
2½ cups chopped suet
7½ cups chopped apples
3 cups cider
½ cup vinegar
1 cup molasses
5 cups sugar
¾ lb. citron, finely chopped
2½ cups whole raisins
1½ cups raisins, finely chopped
Salt
Juice 2 lemons
Juice 2 oranges
1 tablespoon mace
Cinnamon, Clove, Allspice — 2 tablespoons each
2 nutmegs grated
2 tablespoons lemon extract
1 teaspoon almond extract
1½ cups brandy
3 cups liquor in which beef was cooked

Mix ingredients in the order given, except brandy, and let simmer one and one-half hours; then add brandy and shavings from the rind of the lemons and oranges.

English Mince Meat

5 lbs. raisins, seeded
5 lbs. suet, 5 lbs. apples, 4 lbs. citron, 1½ lbs. blanched almonds — finely chopped
5 lbs. currants
5 lbs. light brown sugar
½ teaspoon mace
½ teaspoon cinnamon
2½ cups brandy

Cook raisins, suet, apples, citron, currants, and sugar slowly for one and one-half hours; then add almonds, spices, and brandy.

Mince Meat (without Alcoholic Liquor)

Mix together one cup chopped apple, one-half cup raisins seeded and chopped, one-half cup currants, one-fourth cup butter, one tablespoon molasses, one tablespoon boiled cider, one cup sugar, one teaspoon cinnamon, one-half teaspoon cloves, one-half nutmeg grated, one salt-spoon of mace, and one teaspoon salt. Add enough stock in which meat was cooked to moisten; heat gradually to boiling-point, and simmer one hour; then add one cup chopped meat and two tablespoons Barberry Jelly. Cook fifteen minutes.

Mock Mince Pie Meat I

4 common crackers, rolled
1½ cups sugar
1 cup molasses
⅓ cup lemon juice or vinegar
1 cup raisins, seeded and chopped
½ cup butter
2 eggs well beaten
Spices

Mix ingredients in order given, adding spices to taste. This quantity will make two pies.

Mock Mince Pie Meat II

3 pints chopped apples
3 pints chopped green tomatoes
4 cups brown sugar
1⅓ cups vinegar
3 cups raisins
3 teaspoons cinnamon
1 teaspoon clove
¾ teaspoon allspice
¾ teaspoon mace
¾ teaspoon pepper
2 teaspoons salt
¾ cup butter

Mix apples with tomatoes and drain. Add remaining ingredients, except butter, bring gradually to the boiling-point, and let simmer three hours, then add butter. Turn into glass jars as soon as made.

Mock Cherry Pie

Mix one cup cranberries cut in halves, one-half cup raisins seeded, and cut in pieces, three-fourths cup sugar, and one tablespoon flour. Dot over with one teaspoon butter. Bake between crusts.

Peach Pie

Remove skins from peaches. This may be done easily after allowing peaches to stand in boiling water one minute. Cut in eighths, cook until soft with enough water to prevent burning; sweeten to taste. Cool, and fill crust previously baked. Cover with whipped cream, sweetened and flavored. Fresh strawberries, cut in halves, slightly mashed and sweetened, are attractively served in a pastry case.

Banana Pie

1 cup scalded milk
½ cup sugar
2⅔ tablespoons flour
⅛ teaspoon salt
Yolks 2 eggs
¼ cup thin cream or top milk
¾ tablespoon lemon juice
1 large banana
Whites 2 eggs
2 tablespoons powdered sugar
¼ teaspoon lemon extract

Mix sugar, flour, and salt, and add egg yolks, slightly beaten. Pour on scalded milk gradually, while stirring constantly, and cook in double boiler fifteen minutes, stirring constantly until mixture thickens, and afterwards occasionally. Cool and add cream, lemon juice, and banana, peeled, scraped and cut in one-eighth-inch slices. Chill thoroughly and turn into a pastry pie case.

Just before serving beat whites of eggs until stiff, add sugar, gradually, and lemon juice. Spread evenly over pie and put under gas flame to cook until delicately browned.

Prune Pie

½ lb. prunes
½ cup sugar (scant)
1 tablespoon lemon juice
1½ teaspoons butter
1 tablespoon flour

Wash prunes and soak in enough cold water to cover. Cook in same water until soft. Remove stones, cut prunes in quarters, and mix with sugar and lemon juice. Reduce liquor to one and one-half tablespoons. Line plate with paste, cover with prunes, pour over liquor, dot over with butter, and dredge with flour. Put on an upper crust and bake in a moderate oven.

Rhubarb Pie

1½ cups rhubarb
⅞ cup sugar
1 egg
2 tablespoons flour

Skin and cut stalks of rhubarb in half-inch pieces before measuring. Mix sugar, flour, and egg; add to rhubarb and bake between crusts. Many prefer to scald rhubarb before using; if so prepared, losing some of its acidity, less sugar is required.

Rhubarb and Raisin Pie

Line a plate with plain paste and fill with two cups rhubarb, cut in one-quarter-inch pieces. Sprinkle with one cup sugar and one-half cup raisins, seeded and cut in halves. Cover with crust and bake in a moderate oven forty-five minutes.

Squash Pie I

2½ cups steamed and strained squash
½ cup sugar
1 teaspoon salt
½ teaspoon cinnamon, ginger, nutmeg, or
½ teaspoon lemon extract
1 egg
1¾ cups milk

Mix sugar, salt, and spice or extract, add squash, egg slightly beaten, and milk gradually. Bake in one crust, following directions for Custard Pie.

Squash Pie II

1 cup squash, steamed and strained
1 cup heavy cream
1 cup sugar
3 eggs, slightly beaten
4 tablespoons brandy
Cinnamon, Nutmeg — 1 teaspoon each
Ginger, Salt — ¾ teaspoon each
¼ teaspoon mace

Line a deep pie plate with puff paste. Brush over paste with white of egg slightly beaten, and sprinkle with stale bread crumbs; fill, and bake in a moderate oven. Serve warm.

Pumpkin Pie

1½ cups steamed and strained pumpkin
⅔ cup brown sugar
1 teaspoon cinnamon
½ teaspoon ginger
½ teaspoon salt
2 eggs
1½ cups milk
½ cup cream

Mix ingredients in order given and bake in one crust.

Cream Pie

Roll paste to one-fourth-inch thickness and cut three circular pieces, nine inches in diameter. Place on a tin sheet, prick with a fork, and bake in a hot oven. Put together with Cream Filling (see p. 648).

Frangipan Cream Pie

Make pastry circles as for Cream Pie. Put together with Frangipan Cream (see p. 649) and dust top with powdered sugar.

Devonshire Pie

Roll paste one-quarter inch in thickness, cut three circles nine inches in diameter, and prick with a fork. From one of the pieces cut a circle seven and one-half inches in diameter, leaving a one and one-half-inch ring. Place on a tin sheet and bake in a hot oven. Put cream filling between pieces, place ring on top, and fill space with fresh strawberries, sweetened to taste. Garnish or not, as desired, with whipped cream, sweetened and flavored with vanilla.

Butter Scotch Pie

Make pastry circles as for Cream Pie. Put together with Butter Scotch Filling (see p. 649).

CHAPTER XXX

PASTRY DESSERTS

Banbury Tarts

1 cup raisins
1 cup sugar
Juice and grated rind 1 lemon
1 egg
1 cracker

STONE and chop raisins, add sugar, egg slightly beaten, cracker finely rolled, and lemon juice and rind. Roll paste one-eighth inch thick, and cut pieces three and one-half inches long by three inches wide. Put two teaspoons of mixture on each piece. Moisten edge with cold water halfway round, fold over, press edges together with three-tined fork, first dipped in flour. Bake twenty minutes in slow oven.

Cheese Cakes

1 cup sweet milk
1 cup sour milk
1 cup sugar
Yolks 4 eggs
Juice and grated rind one lemon
¼ cup almonds, blanched and chopped
¼ teaspoon salt

Scald sweet and sour milk, strain through cheesecloth. To curd add sugar, yolks of eggs slightly beaten, lemon, and salt. Line patty pans with paste, fill with mixture, and sprinkle with chopped almonds. Bake until mixture is firm to the touch.

Cheese Straws

Roll puff or plain paste one-fourth inch thick, sprinkle one-half with grated cheese to which has been added few grains of salt and cayenne. Fold, press edges firmly together, fold again, pat, and roll out one-fourth inch thick. Sprinkle with cheese and proceed as before; repeat twice. Cut in strips five inches long and one-fourth inch wide. Bake eight minutes in hot oven. Parmesan cheese, or equal parts of Parmesan and Edam cheese, may be used. Cheese straws are piled log cabin fashion and served with cheese or salad course.

Condés

Whites 2 eggs
¾ cup powdered sugar
2 oz. almonds, blanched and finely chopped

Beat whites of eggs until stiff, add sugar gradually, then almonds. Roll paste, and cut in strips three and one-half inches long by one and one-half inches wide. Spread with mixture; avoid having it come close to edge. Dust with powdered sugar and bake fifteen minutes in moderate oven.

Galettes

Roll puff or plain paste one-eighth inch thick. Shape with an oblong cutter three and one-half inches long by one and three-fourths inches wide. Brush over with white of egg and sprinkle with cinnamon and sugar. Bake in a hot oven. A lady-finger cutter may be used with satisfaction, but is more difficult to procure.

Cream Horns

Roll puff paste in a long rectangular piece, one-eighth inch thick. Cut in strips three-fourths inch wide. Roll paste over wooden forms bought for the purpose, having edges overlap. Bake in hot oven until well puffed and slightly browned. Brush over with white of egg slightly beaten, diluted with one teaspoon water, then sprinkle with sugar. Return to oven and finish cooking, and remove from forms. When cold, fill with Cream Filling or whipped cream sweetened and flavored.

Florentine Meringue

Roll puff or plain paste one-eighth inch thick; cut a piece ten inches long by seven inches wide; place on a sheet, wet edges, and put on a half-inch rim. Prick with fork six times, and bake in hot oven. Cool, and spread with jam, cover with Meringue II, and almonds blanched and shredded; sprinkle with powdered sugar and bake.

Cocoanut Tea Cakes

Roll puff or plain paste to one-fourth inch in thickness. Shape with a lady-finger cutter and bake on a tin sheet in a hot oven. When nearly done remove from oven, cool slightly, brush over with beaten white of egg, sprinkle with shredded cocoanut, and return to oven to finish the cooking.

Napoleons

Bake three sheets of pastry, pricking before baking. Put between the sheets Cream Filling; spread top with Confectioner's Frosting, sprinkle with pistachio nuts blanched and chopped, crease in pieces about two and one-half by four inches, and cut with sharp knife.

Orange Sticks

Cut puff or plain paste rolled one-eighth inch thick in strips five inches long by one inch wide, and bake in hot oven. Put together in pairs, with Orange Filling between.

Lemon Sticks

Lemon Sticks may be made in same manner as Orange Sticks, using Lemon Filling.

Palm Leaves

Roll remnants of puff paste one-eighth inch thick; sprinkle one-half surface with powdered sugar, fold, press edges together, pat and roll out, using sugar for dredging board; repeat three times. After the last rolling fold four times. The pastry should be in long strip one and one-half inches wide. From the end, cut pieces one inch wide; place on baking-sheet, broad side down, one inch apart, and separate layers of pastry at one end to suggest a leaf. Bake eight minutes in hot oven; these will spread while baking.

Raspberry Puffs

Roll plain paste one-eighth inch thick, cut in pieces four by three and one-half inches and put on tin sheet. Put one-half tablespoon raspberry jam on centre of lower half of each piece, wet edges halfway around, fold, press edges firmly together, prick tops, place on sheet, and bake twenty minutes in hot oven.

Tarts

Roll puff paste one-eighth inch thick. Shape with a fluted round cutter, first dipped in flour; with a smaller cutter remove centres from half the pieces, leaving rings one-half inch wide. Brush with cold water the larger pieces near the edge; fit on rings, pressing lightly. Chill thoroughly, and bake fifteen minutes in hot oven. By brushing tops of rings with beaten yolk of egg diluted with one teaspoonful water, they will have a glazed appearance. Cool, and fill with jam or jelly.

Cocoanut Tea Cakes. — *Page 589.*

Fruit Baskets. — *Page 591.*

Calvé Tarts. — *Page 591.*

Lemon Tartlets. — *Page 592.*

Polish Tartlets

Roll puff or plain paste one-eighth inch thick, and cut in two and one-half inch squares; wet the corners, fold toward the centre, and press lightly; bake on a sheet; when cool, press down the centres and fill, using two-thirds quince marmalade and one-third currant jelly.

Almond Tartlets

Line patty pans with puff or plain paste, fill with the following mixture, and bake in a moderate oven until firm.

Blanch and finely chop one-third pound Jordan almonds. Add two tablespoons cracker rolled and sifted, three eggs slightly beaten, one-third cup sugar, one-third teaspoon salt, two cups milk, and one-half teaspoon vanilla.

Peach Crusts

Roll puff or plain paste one-eighth inch thick, cut in two and one-half inch squares, and bake in hot oven. Cool, press down the centres, and arrange on each one-half a canned peach drained from syrup and heated in oven. Sprinkle with powdered sugar and put brandy in each cavity. Light just before sending to table.

Malaga Boats

Roll puff or plain paste one-eighth inch thick, line individual boat-shaped tins, prick, and half fill with rice or barley to keep pastry in desired shape. Bake in a hot oven. Remove from tins and cover bottom of boats with marmalade, and on marmalade arrange three or four Malaga grapes cooked in syrup five minutes. For the syrup boil one-half cup, each, sugar and water five minutes.

Calvé Tarts

Roll puff or plain paste one-eighth inch thick, and cut in rounds of correct size to cover inverted circular tins. Cover tins with paste, prick several times, and bake until delicately browned. Place one-half a canned peach in each case and fill each cavity with one-half a blanched Jordan almond.

Fruit Baskets

Bake plain paste over inverted patty pans. Roll paste one-eighth inch thick, and cut in strips one-fourth inch wide. Twist strips in pairs and bake over a one-fourth pound baking-powder box, thus

making handles. Fill cases with sliced peaches sprinkled generously with sugar, insert handles, garnished with whipped cream and peach leaves. Strawberries, raspberries, or other fruit may be used in place of peaches.

Lemon Tartlets

Bake plain paste over inverted patty pan. Fill with Lemon Pie II mixture, cover with Meringue II, and bake until meringue is delicately browned.

Pastry Stars

Roll puff paste to one-eighth inch in thickness and cut in three-inch squares. Make a one and one-half inch cut from four corners on diagonal of squares and fold alternate corners to centre in such a way as to make star shapes. Arrange on a tin sheet and bake in a hot oven. Cool, press down centres, and fill with any conserve.

Nut Pastry Sticks

Roll plain paste to one-fourth inch in thickness and cut in strips five inches long by one inch wide, using a pastry jagger. Arrange on a tin sheet and bake in a hot oven. Cool slightly, brush over with white of one egg, slightly beaten and diluted with one teaspoon cold water. Sprinkle generously with chopped pecan nut meats, return to oven and bake two minutes.

Swedish Tea Circles

Roll out the paste to one-third inch in thickness and spread generously with chopped blanched Jordan almonds, mixed with sugar, using one-half as much sugar as nut meats. Pat and roll to one-eighth inch in thickness and shape with a small circular cutter, first dipped in flour. Arrange on a tin sheet and bake in a hot oven eight minutes.

Nut Pastry Rolls

Roll paste to one-eighth inch in thickness and cut in pieces five by three inches. Spread with jelly, which has been beaten with a fork until of right consistency to spread, sprinkle with chopped pecan nut meats, and roll each piece separately like a jelly roll. Place on a tin sheet, having end of rolls nearest sheet, which keeps them in better shape. Bake in a hot oven.

Marguerite Squares

Pat and roll puff paste to one-eighth inch in thickness and cut in two-inch squares. Arrange on a tin sheet and bake until delicately browned. Cool slightly, spread with Marguerite Frosting, having it come nearly to edge of pastry, and return to oven to finish the baking. Arrange on plate covered with a lace paper doily.

Marguerite Frosting. Put one and one-half cups sugar in a small saucepan, pour over one-half cup water, bring to the boiling-point, and let boil until syrup will spin a long thread when dropped from tip of spoon or tines of fork. Remove to back of range and add twelve marshmallows, cut in eighths. Pour gradually, while beating constantly, on whites of two eggs, beaten until stiff, and as soon as thoroughly blended add one-fourth cup shredded cocoanut, one-third cup currants or Sultana raisins, and one-fourth teaspoon vanilla. If one is carrying out a color scheme, color as desired.

Pineapple Tartlets

Roll paste to one-quarter inch in thickness. Line patty pans with paste, prick, fill two-thirds full of rice or barley, and bake in a hot oven until delicately browned. Mix three-quarters cup sugar and two tablespoons flour. Pour on gradually, while stirring constantly, one-half cup water, bring to the boiling-point, and let boil five minutes. Add one-half can shredded pineapple, yolks two eggs, slightly beaten, and one-quarter teaspoon salt. Fill pastry cases with pineapple mixture, cover with meringue, and bake in a moderate oven until meringue is set and delicately browned.

Pineapple Circles

Put one can sliced pineapple in saucepan, add one-third cup sugar, bring to the boiling-point and let simmer until fruit is soft. Roll paste to one-fourth inch in thickness, cut in circles, same size as pineapple slices, arrange on tin sheet, prick, and bake in a hot oven ten minutes. Put together in pairs with White Mountain Cream Filling (see p. 648). Place a slice of pineapple on each and garnish centres with halves of candied cherries.

Amsterdam Pastry Novelties

Roll paste to one-fourth inch in thickness and cut in pieces six inches by two inches. Sprinkle ends with sugar mixed with cinnamon

(using three parts sugar to one part cinnamon) and roll toward centre twice. Prick unrolled part with a fork, place on a tin sheet, and bake in a hot oven. Spread unrolled sections with currant jelly, which has been beaten with a fork until of right consistency to spread evenly. Over jelly arrange one-inch sections of canned peaches. If peaches are not soft, cook in their own syrup (to which a small quantity of sugar has been added).

Mont Blanc

Pat and roll puff paste to one-eighth inch in thickness and cut in three pieces twelve by three inches. Place on tin sheet, prick, and bake in a hot oven. Cut each piece in quarters crosswise, using a sharp knife. Arrange four in square shape on serving dish, leaving a small space between each. Cover with fresh or canned fruit; cover fruit with pastry squares and pastry squares again with fruit; repeat. Spread sides with whipped cream, sweetened and flavored with vanilla, and garnish with whipped cream, forced through a pastry bag and tube, and chopped pistachio nuts.

Peach Pralines

Roll paste to one-eighth inch in thickness and cut in eight rounds of correct size to cover inverted, circular individual tins. Cover tins with paste, prick several times, and bake until delicately browned. Remove from pans, put two tablespoons Praline Cream (see p. 648) in each, on cream place one-half a canned peach, poached in its syrup, cover with meringue, and bake until delicately browned.

St. Valentine's Hearts

Roll paste to one-fourth inch in thickness, shape with a heart-shaped cutter, first dipped in flour, place on a tin sheet, and bake until delicately browned. Split, fill with orange marmalade, cover tops with orange frosting, and sprinkle around edge a border of chopped, candied orange peel. Arrange on a plate covered with a heart-shaped lace paper doily.

Cocoanut Fluffs

Roll paste to one-fourth inch in thickness, cover inverted individual round tins, prick, place on tin sheet, and bake in a hot oven. Cut circular pieces to fit top of tins and bake. Fill cakes with cocoanut mixture and cover with tops. For the mixture soak one-half cup shredded cocoanut in one-fourth cup milk one hour. Heat in double

boiler and add gradually, while stirring constantly, one-half tablespoon cornstarch, diluted with one tablespoon cold water, and cook fifteen minutes, stirring constantly, until mixture thickens, and afterwards occasionally. Scald one-half cup milk and add one egg yolk mixed with one-fourth cup sugar, one tablespoon flour, and one-eighth teaspoon salt. Cook fifteen minutes, stirring constantly, until mixture thickens, and afterwards occasionally. Add one tablespoon butter, cocoanut mixture, and one-half teaspoon vanilla; then fold in the white of one egg, beaten until stiff.

Venetian Boats

Roll puff paste to one-eighth inch in thickness and line small boat-shaped tins. Prick and half fill with spice cake mixture; sprinkle with chopped pecan nut meats, put on a tin sheet, and bake in a hot oven. For the spice cake mixture, — cream one-fourth cup butter and add one-fourth cup brown sugar gradually, while beating constantly; then add yolks two eggs, beaten until thick, one-fourth cup, each, molasses and milk and one and one-eighth cups flour, mixed and sifted with one-fourth teaspoon each soda and clove, one-eighth teaspoon grated nutmeg, a few grains cayenne, and a few gratings from the rind of a lemon.

MERINGUES

For Pies, Puddings, and Desserts

Eggs for meringues should be thoroughly chilled, and beaten with silver fork, wire spoon, or whisk. Where several eggs are needed, much time is saved by using a whisk. Meringues on pies, puddings, or desserts may be spread evenly, spread and piled in the centre, put on lightly by spoonfuls, or spread evenly with part of the mixture, the remainder being forced through a pastry bag and tube.

Meringues I and III should be baked fifteen minutes in slow oven. Meringue II should be cooked eight minutes in moderate oven; if removed from oven before cooked, the eggs will liquefy and meringue settle; if cooked too long, meringue is tough.

Meringue I

Whites 2 eggs
2 tablespoons powdered sugar
½ tablespoon lemon juice or
¼ teaspoon vanilla

Beat whites until stiff, add sugar gradually, and continue beating, then add flavoring.

Meringue II

Whites 3 eggs
7½ tablespoons powdered sugar
½ teaspoon lemon extract or
⅓ teaspoon vanilla

Beat whites until stiff, add four tablespoons sugar gradually, beat vigorously, and add flavoring; then fold in remaining sugar. Cook eight minutes in a moderate oven.

Meringue III

Whites 4 eggs
⅞ cup powdered sugar
2 tablespoons lemon juice

Put whites of eggs and sugar in bowl, beat mixture until stiff enough to hold its shape, add lemon juice drop by drop, continuing the beating. It will take thirty minutes to beat mixture sufficiently stiff to hold its shape, but when baked it makes a most delicious meringue.

Meringues Glacées, or Kisses

Whites 4 eggs
½ teaspoon vanilla
1¼ cups powdered sugar or
1 cup fine granulated

Beat whites until stiff, add gradually two-thirds of sugar, and continue beating until mixture will hold its shape, add flavoring, then fold in remaining sugar. Shape with a spoon or pastry bag and tube on wet board covered with letter paper. Bake fifty minutes in slow oven, remove from paper, and put together in pairs, or if intending to fill with whipped cream or ice cream remove soft part with spoon and place meringues in oven to dry.

Nut Meringues

To Meringue Glacée mixture add chopped nut meat; almonds, English walnuts, or hickory nuts are preferred. Shape by dropping mixture from tip of spoon in small piles one-half inch apart, or by using pastry bag and tube. Sprinkle with nut meat, and bake.

Meringues (Mushrooms)

Shape Meringue Glacée mixture in rounds the size of mushroom caps, using pastry bag and tube; sprinkle with grated chocolate. Shape stems like mushroom stems. Bake, remove from paper, and place caps on stems.

Meringues Panachées

Fill Meringues Glacées with ice cream, or ice cream and water ice. Garnish with whipped cream forced through pastry bag and tube, and candied cherries.

French Meringues

2 cups sugar
1 cup water
Whites 5 eggs
1 teaspoon vanilla

Put sugar and water in saucepan, bring to the boiling-point, and let boil until a firm ball may be formed when mixture is tried in cold water. Beat whites of eggs until stiff and add gradually, while beating constantly, the hot syrup. Set saucepan containing mixture in larger saucepan containing ice water, add flavoring, and stir five minutes. Cover and let stand fifteen minutes. Shape with a spoon or pastry bag and tube on a buttered sheet, dredged with cornstarch. Bake thirty minutes in a slow oven.

Creole Kisses

½ lb. Jordan almonds
¼ cup boiling water
½ cup sugar
Whites 4 eggs
1¼ cups powdered sugar
½ teaspoon vanilla
¼ teaspoon salt

Blanch almonds, finely shred one-half of them, and dry slowly in oven. Put water and sugar in a saucepan, and as soon as boiling-point is reached, add remaining almonds, and cook until the syrup is of a golden brown color. Turn into a pan, cool, and finely pound in mortar. Beat whites of eggs until stiff, add gradually sugar, then vanilla, almonds, and salt. Shape, sprinkle with shredded almonds, sift sugar over them, and bake in a slow oven twenty-five minutes.

CHAPTER XXXI

GINGERBREADS, COOKIES, AND WAFERS

Hot Water Gingerbread

1 cup molasses
½ cup boiling water
2¼ cups flour
1 teaspoon soda
1½ teaspoons ginger
½ teaspoon salt
4 tablespoons melted butter

Add water to molasses. Mix and sift dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into a buttered shallow pan, and bake thirty minutes in a moderate oven. Chicken fat tried out and clarified furnishes an excellent shortening, and may be used in place of butter.

Sour Milk Gingerbread

1 cup molasses
1 cup sour milk
2⅓ cups flour
1¾ teaspoons soda
2 teaspoons ginger
½ teaspoon salt
¼ cup melted butter

Mix soda with sour milk and add to molasses. Sift together remaining dry ingredients, combine mixtures, add butter, and beat vigorously. Pour into a buttered shallow pan, and bake thirty minutes in a moderate oven.

Soft Molasses Gingerbread

1 cup molasses
⅓ cup butter
1¾ teaspoons soda
½ cup sour milk
1 egg
2 cups flour
2 teaspoons ginger
½ teaspoon salt

Put butter and molasses in saucepan and cook until boiling-point is reached. Remove from fire, add soda, and beat vigorously. Then add milk, egg well beaten, and remaining ingredients mixed and sifted. Bake fifteen minutes in buttered small tin pans, having pans two-thirds filled with mixture.

Cambridge Gingerbread

⅓ cup butter	1½ teaspoons soda
⅔ cup boiling water	½ teaspoon salt
1 cup molasses	1 teaspoon cinnamon
1 egg	1 teaspoon ginger
2¾ cups flour	¼ teaspoon clove

Melt butter in water, add molasses, egg well beaten, and dry ingredients mixed and sifted. Bake in a buttered shallow pan from thirty-five to forty minutes; in greased gem pans from twenty to twenty-five minutes.

Marshmallow Gingerbread

½ cup shortening	1¾ teaspoons soda
1 cup molasses	1 teaspoon salt
1 egg	1 teaspoon ginger
2½ cups flour	1 cup sour milk

Marshmallows

Melt shortening (chicken fat may be used to excellent advantage) and add molasses, egg well beaten, flour mixed and sifted with soda, salt and ginger and sour milk. Beat vigorously, turn into a buttered and floured dripping pan, and bake in a moderate oven twenty-five minutes. Remove from pan, cut in halves, crosswise, and put marshmallows between layers. Put in oven and let stand three minutes. Remove to serving dish, cool slightly, cut in squares, and serve with whipped cream, sweetened and flavored with vanilla.

Soft Sugar Gingerbread

2 eggs	3 teaspoons baking powder
1 cup sugar	½ teaspoon salt
1¾ cups flour	1½ teaspoons ginger

⅔ cup thin cream

Beat eggs until light, and add sugar gradually. Mix and sift dry ingredients, and add alternately with cream to first mixture. Turn into a buttered cake pan, and bake thirty minutes in a moderate oven.

Gossamer Gingerbread

½ cup butter	½ cup milk
1 cup sugar	1⅞ cups flour
1 egg	3 teaspoons baking powder

1 teaspoon yellow ginger

Cream the butter, add sugar gradually, then egg well beaten. Add milk, and dry ingredients mixed and sifted. Spread in a buttered dripping pan as thinly as possible, using the back of mixing-spoon. Bake thirty minutes. Sprinkle with sugar, and cut in small squares or diamonds before removing from pan.

Fairy Gingerbread

½ cup butter
1 cup light brown sugar
½ cup milk
1⅞ cups bread flour
2 teaspoons ginger

Cream the butter, add sugar gradually, and milk very slowly. Mix and sift flour and ginger, and combine mixtures. Spread very thinly with a broad, long-bladed knife on a buttered, inverted dripping pan. Bake in a moderate oven. Cut in squares before removing from pan. Watch carefully and turn pan frequently during baking, that all may be evenly cooked. If mixture around edge of pan is cooked before that in the centre, pan should be removed from oven, cooked part cut off, and remainder returned to oven to finish cooking.

Hard Sugar Gingerbread

½ cup butter
1½ cups sugar
½ cup milk
5 cups flour
¾ tablespoon baking powder
1½ teaspoons salt
¾ tablespoon ginger

Cream butter, add sugar gradually, milk, and dry ingredients mixed and sifted. Put some of mixture on an inverted dripping pan and roll as thinly as possible to cover pan. Mark dough with a coarse grater. Sprinkle with sugar and bake in a moderate oven. Before removing from pan, cut in strips four and one-half inches long by one and one-half inches wide.

Christmas English Gingerbread

1 lb. flour
½ lb. butter
1 cup sugar
1 tablespoon ginger
1 teaspoon salt
Molasses

Mix flour, sugar, ginger, and salt. Work in butter, using tips of fingers, and add just enough molasses to hold ingredients together. Let stand over night to get thoroughly chilled. Roll very thin, shape, and bake in a moderate oven.

Card Gingerbread

½ cup butter
½ cup brown sugar
1 egg
½ cup molasses
1¾ cups flour
½ tablespoon ginger
¾ teaspoon salt
½ teaspoon soda
¼ teaspoon cinnamon

Cream butter, add sugar gradually, egg well beaten, molasses, and flour mixed and sifted with ginger, salt, soda, and cinnamon. Chill, roll in sheets to one-fourth inch in thickness, bake on a buttered sheet, and cut in squares.

Keswick Gingerbread

¼ pound butter
¼ pound flour
¼ pound brown sugar
½ teaspoon ginger
1 ounce candied lemon peel

Work butter into flour, using the hands, and when well mixed, add sugar, ginger, and lemon peel, cut in small pieces, mixing with the hands. Press into a buttered pan two and one-half inches in thickness, using the back of the hand, and sprinkle with one-half cup of the mixture which has been reserved for the purpose. Bake in a moderate oven, cut in squares, and let stand until cold; then remove from pan.

Shubert Gingerbread

2 cups bread flour
½ cup butter
½ cup sugar
1 egg
½ cup sour milk
½ teaspoon soda
½ teaspoon ginger
½ teaspoon grated nutmeg
¼ teaspoon cinnamon

Work flour and butter together, using the hands, until thoroughly mixed; then add sugar and again work together until crumbly, using the hands. Reserve one cup of the mixture as crumbs and to the remainder add egg, well beaten, and sour milk, mixed with soda and spices. Butter a shallow cake pan and sprinkle evenly with one-half of the reserved crumbs. Spread over the batter, sprinkle with remaining crumbs, and bake in a moderate oven. Cut in squares or finger-shaped pieces while still hot, and remove from pan.

Walnut Molasses Bars

¼ cup butter
¼ cup lard
¼ cup boiling water
½ cup brown sugar
½ cup molasses
1 teaspoon soda
3 cups flour
½ tablespoon ginger
⅛ teaspoon grated nutmeg
⅛ teaspoon clove
1 teaspoon salt
Chopped walnut meat

Pour water over butter and lard, then add sugar, molasses mixed with soda, flour, salt, and spices. Chill thoroughly, roll one-fourth inch thick, cut in strips three and one-half inches long by one and one-half inches wide. Sprinkle with nut meat and bake ten minutes.

Ginger Snaps

1 cup molasses
½ cup shortening
3¼ cups flour
½ teaspoon soda
1 tablespoon ginger
1½ teaspoons salt

Heat molasses to boiling-point and pour over shortening. Add dry ingredients mixed and sifted. Chill thoroughly. Toss one-fourth of mixture on a floured board and roll as thinly as possible; shape with a small round cutter, first dipped in flour. Place near together on a buttered sheet and bake in a moderate oven from eight to ten minutes. Gather up the trimmings and roll with another portion of dough. During rolling, the bowl containing mixture should be kept in a cool place, or it will be necessary to add more flour to dough, which makes cookies hard rather than crisp and short.

Molasses Cookies

1 cup molasses
½ cup shortening, butter and lard mixed
2½ cups bread flour
1 tablespoon ginger
1 tablespoon soda
2 tablespoons warm milk
1 teaspoon salt

Heat molasses to boiling-point, add shortening, ginger, soda dissolved in warm milk, salt, and flour. Proceed as for Ginger Snaps.

Soft Molasses Cookies

1 cup molasses
1¾ teaspoons soda
1 cup sour milk
½ cup shortening, melted
2 teaspoons ginger
1 teaspoon salt
Flour

Add soda to molasses and beat thoroughly; add milk, shortening, ginger, salt, and flour. Enough flour must be used to make mixture of right consistency to drop easily from spoon. Let stand several hours in a cold place to thoroughly chill. Toss one-half mixture at a time on slightly floured board and roll lightly to one-fourth inch thickness. Shape with a round cutter, first dipped in flour. Bake on a buttered sheet.

Sour Cream Molasses Cookies

¾ cup lard
¾ cup brown sugar
¾ cup molasses
2 eggs
¾ cup sour cream
1 tablespoon soda
1 tablespoon salt
½ tablespoon ginger
Flour

Work lard and sugar together until creamy; then add molasses, eggs, well beaten, sour cream, mixed with soda, salt, and ginger, and flour, to make a soft dough. Put in ice box or cold place to chill. Pat and roll to one-half inch in thickness (using one-half the mixture at a time) and shape with a round cutter, first dipped in flour. Put on a buttered sheet and bake in a moderate oven.

Spice Cookies

½ cup molasses
¼ cup sugar
1½ tablespoons butter
1½ tablespoons lard
1 tablespoon milk
2 cups flour
½ teaspoon soda
½ teaspoon salt
½ teaspoon clove
½ teaspoon cinnamon
½ teaspoon nutmeg

Heat molasses to boiling-point. Add sugar, shortening, and milk. Mix and sift dry ingredients, and add to first mixture. Chill thoroughly, and proceed as with Ginger Snaps.

Scotch Wafers

1 cup fine oatmeal
1 cup Rolled Oats
2 cups flour
¼ cup sugar
1 teaspoon salt
⅛ teaspoon soda
¼ cup butter or lard
½ cup hot water

Mix first six ingredients. Melt shortening in water and add to first mixture. Toss on a floured board, pat, and roll as thinly as possible. Shape with a cutter, or with a sharp knife cut in strips. Bake on a buttered sheet in a slow oven.

Oatmeal Cookies

1 egg
¼ cup sugar
¼ cup thin cream
¼ cup milk
½ cup fine oatmeal
2 cups flour
2 teaspoons baking powder
1 teaspoon salt

Beat egg until light, add sugar, cream, and milk; then add oatmeal, flour, baking powder, and salt, mixed and sifted. Toss on a floured board, roll, cut in shape, and bake in a moderate oven.

Nut Oatmeal Cookies

¼ cup butter
¼ cup lard
1 cup sugar
1 egg
5 tablespoons milk
1¾ cups rolled oats
½ cup raisins
½ cup chopped nut meats
1½ cups flour
½ teaspoon salt
½ teaspoon soda
¾ teaspoon cinnamon
½ teaspoon clove
½ teaspoon allspice

Cream butter and lard together, and add gradually, while beating constantly, sugar; then add egg, well beaten, milk, rolled oats, raisins (seeded and cut in pieces) and nut meats, chopped. Mix and sift flour with remaining ingredients and add to first mixture. Drop from tip of spoon on a buttered sheet, one inch apart, and bake in a moderate oven fifteen minutes.

Scottish Fancies

1 egg
½ cup sugar
⅔ tablespoon melted butter
1 cup rolled oats
⅓ teaspoon salt
¼ teaspoon vanilla

Beat egg until light, add gradually sugar, and then stir in remaining ingredients. Drop mixture by teaspoonfuls on a thoroughly greased tin sheet one and one-half inches apart. Spread into circular shape with a fork first dipped in cold water. Bake in a moderate oven until delicately browned. To give variety use two-thirds cup rolled oats and fill cup with shredded cocoanut.

Vanilla Wafers

⅓ cup butter and lard in equal proportions
1 cup sugar
1 egg
¼ cup milk
2 cups flour
2 teaspoons baking powder
½ teaspoon salt
2 teaspoons vanilla

Cream the butter, add sugar, egg well beaten, milk, and vanilla. Mix and sift dry ingredients and add to first mixture. Proceed as with Ginger Snaps.

Cream Cookies

- ⅓ cup butter
- 1 cup sugar
- 2 eggs
- ½ cup thin cream
- 2 teaspoons baking powder
- 1 teaspoon salt
- 2 teaspoons yellow ginger
- Flour to roll

Mix and bake same as Vanilla Wafers.

Imperial Cookies

- ½ cup butter
- 1 cup sugar
- 2 eggs
- 1 tablespoon milk
- 2½ cups flour
- 2 teaspoons baking powder
- ½ teaspoon lemon extract
- ½ teaspoon grated nutmeg

Mix and bake same as Vanilla Wafers.

Hermits

- ⅓ cup butter
- ⅔ cup sugar
- 1 egg
- 2 tablespoons milk
- 1¾ cups flour
- 2 teaspoons baking powder
- ½ cup raisins, stoned and cut in small pieces
- ½ teaspoon cinnamon
- ¼ teaspoon clove
- ¼ teaspoon mace
- ¼ teaspoon nutmeg

Cream the butter, add sugar gradually, then raisins, egg well beaten, and milk. Mix and sift dry ingredients and add to first mixture. Roll mixture a little thicker than for Vanilla Wafers.

Rich Cookies

- ½ cup butter
- ⅓ cup sugar
- 1 egg well beaten
- ¾ cup flour
- ½ teaspoon vanilla
- Raisins, nuts, or citron

Cream the butter, add sugar gradually, egg, flour, and vanilla. Drop from tip of spoon in small portions on buttered sheet two inches apart. Spread thinly with a knife first dipped in cold water. Put four Sultana raisins on each cookie, almonds blanched and cut in strips, or citron cut in small pieces.

Jelly Jumbles

- ½ cup butter
- 1 cup sugar
- 1 egg
- ½ teaspoon soda
- ½ cup sour milk
- ¼ teaspoon salt
- Flour
- Currant jelly

Cream the butter, add sugar gradually, egg well beaten, soda mixed with milk, salt, and flour to make a soft dough. Chill and shape, using a round cutter. On the centres of one-half the pieces put currant jelly. Make three small openings in remaining halves, using a thimble, and put pieces together. Press edges slightly, and bake in a rather hot oven, that jumbles may keep in good shape.

Royal Fans

Mix and sift two cups flour and one-half cup brown sugar. Wash three-fourths cup butter and work into first mixture, using tips of fingers. Roll to one-third inch in thickness, shape with a fluted round cutter five inches in diameter. Cut each piece in quarters and crease with the dull edge of a case knife to represent folds of a fan. Brush over with yolk of egg diluted with three-fourths teaspoon water. Bake in a slow oven.

Boston Cookies

1 cup butter
1½ cups sugar
3 eggs
1 teaspoon soda
1½ tablespoons hot water
3¼ cups flour
½ teaspoon salt
1 teaspoon cinnamon
1 cup chopped nut meat, hickory or English walnut
½ cup currants
½ cup raisins, seeded and chopped

Cream the butter, add sugar gradually, and eggs well beaten. Add soda dissolved in hot water, and one-half the flour mixed and sifted with salt and cinnamon; then add nut meat, fruit, and remaining flour. Drop by spoonfuls one inch apart on a buttered sheet, and bake in a moderate oven.

Cocoanut Cream Cookies

2 eggs
1 cup sugar
1 cup thick cream
½ cup shredded cocoanut
3 cups flour
3 teaspoons baking powder
1 teaspoon salt

Beat eggs until light, add sugar gradually, cocoanut, cream, and flour mixed and sifted with baking powder and salt. Chill thoroughly, toss on a floured board, pat, and roll one-half inch thick. Sprinkle with cocoanut, roll one-fourth inch thick, and shape with a small round cutter, first dipped in flour. Bake on a buttered sheet in a moderate oven.

Seed Cakes

Follow recipe for Cocoanut Cream Cookies, using one and one-half tablespoons caraway seeds in place of cocoanut.

Peanut Cookies

2 tablespoons butter
¼ cup sugar
1 egg
1 teaspoon baking powder
¼ teaspoon salt
½ cup flour
2 teaspoons milk
½ cup finely chopped peanuts
½ teaspoon lemon juice

Cream the butter, add sugar, and egg well beaten. Mix and sift baking powder, salt, and flour; add to first mixture; then add milk, peanuts, and lemon juice. Drop from a teaspoon on a buttered sheet one inch apart, and place one-half peanut on top of each. Bake twelve to fifteen minutes in a slow oven. This recipe will make twenty-four cookies. One pint peanuts when shelled should yield one-half cup.

Peanut Bars

1 quart roasted Spanish peanuts
White 1 egg
1 cup brown sugar
¼ teaspoon salt
½ teaspoon vanilla

Shell, remove skins, and finely chop peanuts. Beat white of egg until stiff and add gradually, while beating constantly, sugar, salt, and vanilla. Fold in peanuts, spread mixture in a buttered tin square shallow pan and bake in a slow oven. Cut in bars, using a greased sharp knife, and remove from pan.

Peanut Wafers

¾ cup butter
1½ cups light brown sugar
1 egg
½ teaspoon salt
½ teaspoon soda
3 tablespoons milk
1 quart peanuts
Flour

Cream butter and add sugar gradually, while beating constantly; then add egg, well beaten, salt, and soda dissolved in milk. Shell, skin, and chop peanuts. Add one-half to mixture and flour to roll the quantity required, being about three cups. Put a portion of the mixture on a well-greased and slightly floured tin sheet or inverted dripping pan and pat and roll to one-eighth inch in thickness, then sprinkle with peanuts and bake in a hot oven. Cut in strips one inch by three inches. Repeat until all the mixture is used.

Almond Cookies

½ cup butter
1 egg
⅓ cup almonds, blanched and finely chopped
½ cup sugar
½ tablespoon cinnamon
Clove, Nutmeg } ½ tablespoon each
Grated rind ½ lemon
2 tablespoons brandy
2 cups flour

Cream the butter, add egg well beaten, almonds, sugar, brandy and spices mixed and sifted with flour. Roll mixture to one-fourth inch in thickness, shape with a round cutter first dipped in flour, and bake in a slow oven.

Nut Cookies

Yolks 2 eggs
1 cup brown sugar
1 cup chopped nut meats
Whites 2 eggs
6 tablespoons flour
Few grains salt

Beat yolks of eggs until thick and lemon-colored, add sugar gradually, nut meats, whites of egg beaten until stiff, and flour mixed with salt. Drop from tip of spoon on buttered sheet, spread, and bake in a moderate oven.

Swedish Nut Wafers

¼ cup shortening
¾ cup sugar
1 egg
1⅓ cups flour
2 tablespoons milk
½ teaspoon salt
1 teaspoon baking powder
1 teaspoon vanilla
⅓ cup chopped nut meats

Cream the shortening (using butter and lard in equal proportions) and add sugar gradually, while beating constantly; then add egg, well beaten, milk, flour, mixed and sifted with baking powder and salt, and vanilla. Spread evenly on the bottom of a buttered inverted dripping pan, using a case knife, sprinkle with nut meats and mark in strips three-fourths inch wide by four and one-half inches long, and bake in a moderate oven twelve minutes. Cut in strips and shape over a rolling pin. If strips become brittle before the shaping is accomplished, return to oven to reheat, when they are again made pliable.

Chocolate Cookies

½ cup butter
1 cup sugar
1 egg
½ teaspoon salt
2 ozs. unsweetened chocolate
2½ cups flour (scant)
2 teaspoons baking powder
¼ cup milk

Cream the butter, add sugar gradually, egg well beaten, salt, and chocolate melted. Beat well, and add flour mixed and sifted with baking powder alternately with milk. Chill, roll very thin, then shape with a small cutter, first dipped in flour, and bake in a moderate oven.

German Chocolate Cookies

2 eggs
1 cup brown sugar
2 bars German chocolate
¼ teaspoon cinnamon
½ teaspoon salt
Grated rind ½ lemon
1⅓ cups almonds, blanched and chopped
1 cup flour
1 teaspoon baking powder

Beat eggs until light, add sugar, gradually, and continue the beating; then add chocolate, grated, and remaining ingredients. Drop from tip of spoon on a buttered sheet, and bake in a moderate oven.

Chocolate Fruit Cookies

¼ cup butter
½ cup sugar
2 tablespoons grated chocolate
1 tablespoon sugar
1 tablespoon boiling water
1 egg
½ cup nut meats, finely chopped
½ cup seeded raisins, finely chopped
1 cup flour
1 teaspoon baking powder

Cream the butter, and add sugar, gradually. Melt chocolate, add remaining sugar and water, and cook one minute. Combine mixtures, and add remaining ingredients. Chill, shape, and bake same as Chocolate Cookies.

Chocolate Cakes

3 eggs
¼ cup butter
½ cup sugar
3 squares unsweetened chocolate
1 cup stale bread crumbs
3 tablespoons flour

Beat eggs until light. Cream the butter, add sugar, combine mixtures, then add chocolate melted, bread crumbs, and flour. Spread mixture in a shallow buttered pan and bake in a slow oven. Shape with a tiny biscuit cutter and put together in pairs with White Mountain Cream (see p. 648) between and on top.

Chocolate Walnut Wafers

½ cup butter
1 cup sugar
2 eggs
2 squares unsweetened chocolate
1 cup chopped walnut meats
¼ teaspoon salt
¼ teaspoon vanilla
⅔ cup flour

Cream butter and add gradually, while beating constantly, sugar; then add eggs, well beaten, chocolate (melted), nut meats, salt, vanilla, and flour. Drop from tip of spoon on a buttered sheet, one inch apart, and bake in a moderate oven.

Chocolate Nut Bars

Whites 6 eggs
14 ounces powdered sugar
3 ounces unsweetened chocolate
½ pound Jordan almonds

Beat egg whites until stiff and add gradually, while beating constantly, sugar; then carefully cut and fold in chocolate which has been melted and slightly cooled and two-thirds of the nut meats, blanched and chopped. Spread mixture one-fourth inch thick in two buttered dripping pans, sprinkle with remaining nuts, and bake in a slow oven forty minutes. While warm cut in finger-shaped pieces, using a sharp knife. For serving arrange on a plate covered with a lace paper doily.

Neuremburghs

2 eggs
½ cup powdered sugar
¾ cup flour
½ teaspoon salt
½ teaspoon cinnamon
⅛ teaspoon clove
1 tablespoon orange peel, finely cut
Grated rind ½ lemon
¾ cup Jordan almonds

Beat the whites of the eggs until stiff, and add sugar gradually, continuing the beating. Then add yolks of eggs well beaten, flour mixed and sifted with salt and spices, orange peel, and lemon rind. Blanch almonds, cut in small pieces crosswise, and bake in a slow oven until well browned. Fold into the mixture, and drop by spoonfuls on a sheet dredged with cornstarch and powdered sugar in equal proportions. Bake in a moderate oven.

Sand Tarts

½ cup butter
1 cup sugar
1 egg
1¾ cups flour
2 teaspoons baking powder
White 1 egg
Blanched almonds
1 tablespoon sugar
¼ teaspoon cinnamon

Cream the butter, add sugar gradually, and egg well beaten; then add flour mixed and sifted with baking powder. Chill, toss one-half mixture on a floured board, and roll one-eighth inch thick. Shape

with a doughnut cutter. Brush over with white of egg, and sprinkle with sugar mixed with cinnamon. Split almonds, and arrange three halves on each at equal distances. Place on a buttered sheet, and bake eight minutes in a slow oven.

Swedish Wafers

½ cup butter
½ cup sugar
2 eggs
5 ozs. flour
¼ teaspoon vanilla
Shredded almonds

Cream the butter, add sugar gradually, eggs slightly beaten, flour, and flavoring. Drop by spoonfuls on an inverted buttered dripping pan. Spread very thinly, using a knife, in circular shapes about three inches in diameter. Sprinkle with almonds, and bake in a slow oven. Remove from pan, and shape at once over the handle of a wooden spoon.

Marguerites I

2 eggs
1 cup brown sugar
½ cup flour
⅓ teaspoon salt
1 cup pecan nut meats, cut in small pieces
¼ teaspoon baking powder

Beat eggs slightly, and add remaining ingredients in the order given. Fill small buttered tins two-thirds full of mixture, and place pecan nut meat on each. Bake in a moderate oven fifteen minutes.

Marguerites II

1½ cups sugar
½ cup water
5 marshmallows
Whites 2 eggs
2 tablespoons shredded cocoanut
¼ teaspoon vanilla
1 cup English walnut meats
Saltines

Boil sugar and water until syrup will thread. Remove to back of range and add marshmallows cut in pieces. Pour on to the whites of eggs beaten until stiff; then add cocoanut, vanilla, and nut meats. Spread saltines with mixture and bake until delicately browned.

Kornettes

¾ cup finely chopped popped corn
¾ tablespoon soft butter
White 1 egg
⅓ cup sugar
¼ teaspoon salt
½ teaspoon vanilla
Blanched and chopped almonds
Candied cherries

Add butter to corn. Beat egg white until stiff, and add sugar gradually, continuing the beating. Combine mixtures; then add salt and vanilla. Drop mixture from tip of spoon on a well buttered sheet, one inch apart. Shape in circular form with case knife first dipped in cold water. Sprinkle with almonds and place a piece of candied cherry on the centre of each. Bake in a slow oven until delicately browned.

Rolled Wafers

¼ cup butter — ¼ cup milk
½ cup powdered sugar — ⅛ cup bread flour
½ teaspoon vanilla

Cream the butter, add sugar gradually, and milk drop by drop; then add flour and flavoring. Spread very thinly with a broad, long-bladed knife on a buttered inverted dripping pan. Crease in three-inch squares, and bake in a slow oven until delicately browned. Place pan on back of range, cut squares apart with a sharp knife, and roll while warm in tubular or cornucopia shape. If squares become too brittle to roll, place in oven to soften. If rolled tubular shape, tie in bunches with narrow ribbon. These are very attractive, and may be served with sherbet, ice cream, or chocolate. If rolled cornucopia shape, they may be filled with whipped cream just before sending to table. Colored wafers may be made from this mixture by adding leaf green or fruit red. If colored green, flavor with one-fourth teaspoon almond and three-fourths teaspoon vanilla. If colored pink, flavor with rose. Colored wafers must be baked in a very slow oven and turned frequently, otherwise they will not be of the uniform color that is desired.

Almond Wafers

Before baking Rolled Wafers, sprinkle with almonds blanched and chopped. Other nut meats or shredded cocoanut may be used in place of almonds.

English Rolled Wafers I (Brandy Wafers)

½ cup molasses — 1 cup flour (scant)
½ cup butter — ⅔ cup sugar
1 tablespoon ginger

Heat molasses to boiling-point, add butter, then slowly, stirring constantly, flour mixed and sifted with ginger and sugar. Drop small portions from tip of spoon on a buttered inverted dripping pan two

inches apart. Bake in a slow oven, cool slightly, remove from pan, and roll over handle of wooden spoon.

English Rolled Wafers II

To English Rolled Wafers I, add one and one-half cups rolled oats.

Nut Bars

2 tablespoons brown sugar
¼ cup butter
¼ cup boiling water
½ cup brown sugar
½ cup flour
⅛ teaspoon salt
2 tablespoons English walnut meat, finely chopped
Halves of walnuts or almonds

Caramelize two tablespoons sugar, add butter and water, and boil two minutes. Remove from fire, add remaining sugar, flour mixed with salt, and walnut meat. Spread as Rolled Wafers, crease in two-inch squares, and decorate with nut meats. Bake in a slow oven, and remove from pan at once.

Nut Macaroons

White 1 egg
1 cup brown sugar
1 cup pecan nut meats
¼ teaspoon salt

Beat white of egg until stiff and add gradually, while beating constantly, sugar. Fold in nut meats, finely chopped and sprinkled with salt. Drop from tip of spoon, one inch apart, on a buttered and floured sheet, and bake in a moderate oven until delicately browned.

Peanut Macaroons

White 1 egg
½ cup fine granulated sugar
5 tablespoons finely chopped peanuts
1 teaspoon vanilla

Beat white of egg until stiff and add gradually, while beating constantly, sugar; then add peanuts and vanilla. Drop from tip of spoon on buttered sheet one and one-half inches apart. Garnish each with one-half peanut and bake in a slow oven from twelve to fifteen minutes.

Brownies I

1 cup sugar
¼ cup melted butter
1 egg, unbeaten
2 squares unsweetened chocolate, melted
¾ teaspoon vanilla
½ cup flour
½ cup walnut meats, cut in pieces

Mix ingredients in order given. Line a seven-inch square pan with paraffine paper. Spread mixture evenly in a pan and bake in a slow oven. As soon as taken from oven turn from pan, remove paper, and cut cake in strips, using a sharp knife. If these directions are not followed paper will cling to cake, and it will be impossible to cut it in shapely pieces.

Sultana Sticks

Make same as Brownies I using one-fourth cup, each, nut meats and Sultana raisins.

Brownies II

2 eggs
1¼ cups brown sugar
½ cup flour
½ teaspoon vanilla
2 squares unsweetened chocolate, melted
¼ cup walnut meats, cut in pieces

Beat eggs slightly and add remaining ingredients. Spread evenly in a buttered seven-inch square shallow pan and bake in a moderate oven twenty minutes. Cut in squares.

Scotch Five o'Clock Teas

¾ pound butter
6 ounces powdered sugar
1 pound bread flour

Cream butter and add gradually, while beating constantly, sugar; then work in the flour, using the hands. Press into a buttered dripping pan to one-half inch in thickness, prick with a fork, at even, frequent intervals and bake in a moderate oven thirty-five minutes. Cool slightly, cut in squares or oblongs, and remove from pan.

Marshmallow Teas

Arrange marshmallows on thin unsweetened round wafer crackers, allowing one marshmallow to each cracker. Make a deep impression in the centre of each marshmallow and in each cavity drop one-fourth teaspoon butter. Arrange on a tin sheet and bake until marshmallows spread and nearly cover crackers. Insert one-half a candied cherry in each cavity and arrange on a plate covered with a doily.

Chinese Tea Cakes

¼ cup shortening
1 cup brown sugar
⅛ teaspoon soda
1 tablespoon cold water
½ teaspoon vanilla
1 cup flour

Work shortening until creamy, using equal parts of butter and lard. Add sugar gradually, while beating constantly; then add soda dis-

solved in water, vanilla, and flour. Make into small balls, place on a buttered sheet one and one-half inches apart, and bake in a hot oven. This recipe makes twenty-four cakes.

Orange Circles

3 tablespoons butter
⅔ cup sugar
Juice 1 orange
Grated rind 1 orange
Few grains salt
1¾ cups flour

Put butter and grated rind in a bowl and work until creamy, using a wooden spoon. Add sugar gradually, continuing the beating; then add salt and orange juice and flour, a little at a time. Toss on a floured board, pat, and roll to one-eighth inch in thickness. Shape with a circular cutter, first dipped in flour, put on a sheet covered with a buttered paper, and bake in a moderate oven.

Card Cakes

⅓ cup butter
1 cup powdered sugar
2 eggs
1 cup flour
½ teaspoon salt
Jordan almonds
1 tablespoon breakfast cocoa
2 tablespoons sugar
¼ teaspoon powdered cinnamon
¼ teaspoon vanilla
Shredded cocoanut

Cream the butter, add sugar, eggs well beaten, flour, and salt. Spread mixture on bottom of a buttered inverted dripping pan, decorate with almonds blanched and cut in strips, and bake in slow oven. Cut in desired shape, using heart, spade, and diamond shaped cutters before removing from pan. To give variety, divide mixture in halves. To one-half add sugar, cocoa, cinnamon, and vanilla, then spread on pan and sprinkle with shredded cocoanut.

Cinkites

Whites 3 eggs
1 cup granulated sugar
Grated rind ½ lemon
1½ teaspoons cinnamon
1⅓ cups chopped unblanched Jordan almonds

Beat egg whites to a stiff froth. Mix remaining ingredients and cut and fold into egg whites. Toss on a board dredged with one-fourth cup flour and powdered sugar (using equal parts and mixing thoroughly) and pat and roll to one-fourth inch in thickness. Shape with a small round or fancy cutter, arrange on a slightly buttered sheet, and bake in a slow oven twenty minutes. Spread with Confectioners' Frosting.

CHAPTER XXXII

CAKE

THE mixing and baking of cake requires more care and judgment than any other branch of cookery.

Two kinds of cake mixtures are considered: —

I. Without butter. Example: Sponge Cake.

II. With butter. Examples: Cup and Pound Cakes.

In cake making (1) the best ingredients are essential; (2) great care must be taken in measuring and combining ingredients; (3) pans must be properly prepared; (4) oven heat must be regulated.

Best tub butter, fine granulated sugar, fresh eggs, and pastry flour are essentials for good cake. Coarse granulated sugar, bought by so many, if used in cake making, gives a coarse texture and hard crust. Pastry flour contains more starch and less gluten than bread flour, therefore makes a lighter, more tender cake. If bread flour must be used, allow two tablespoons less for each cup than the recipe calls for. Flour differs greatly in thickening properties; for this reason it is always well when using from a new bag to try a small cake, as the amount of flour given may not make the perfect loaf. In winter, cake may be made of less flour than in summer.

Before attempting to make cake, study How to Measure (p. 22), How to Combine Ingredients (p. 22), and Time Table for Baking (p. 26). If using a gas oven consult Rules for Baking in Gas Oven (p. 17).

To Mix Sponge Cake. Separate yolks from whites of eggs. Beat yolks until thick and lemon-colored, using an egg-beater; add sugar gradually, and continue beating; then add flavoring. Beat whites until stiff and dry, — when they will fly from the beater, — and add to the first mixture. Mix and sift flour with salt, and cut and fold in at the last. If mixture is beaten after the addition of flour, much of the work already done of enclosing a large amount of air will be undone by breaking air bubbles. These rules apply to a mixture where baking powder is not employed.

To Mix Butter Cakes. An earthen bowl should always be used for mixing cake, and a wooden cake-spoon with slits lightens the labor. Measure dry ingredients, and mix and sift baking powder and spices, if used, with flour. Count out number of eggs required, breaking each separately that there may be no loss should a stale egg chance to be found in the number, separating yolks from whites if rule so specifies. Measure butter, then liquid. Having everything in readiness, the mixing may be quickly accomplished. If butter is very hard, by allowing it to stand a short time in a warm room it is measured and creamed much easier. If time cannot be allowed for this to be done, warm bowl by pouring in some hot water, letting stand one minute, then emptying, and wiping dry. Avoid overheating bowl, as butter will become oily rather than creamy. Put butter in bowl, and cream by working with a wooden spoon until soft and of a creamy consistency; then add sugar gradually, and continue beating. Add yolks of eggs or whole eggs beaten until light, and liquid and flour (mixed and sifted with baking powder) alternately. When yolks and whites of eggs are beaten separately, whites are usually added at the last, as is the case when whites of eggs alone are used. A cake can be made fine-grained only by long beating, although light and delicate with a small amount of beating. Never stir cake after the final beating, remembering that beating motion should always be the last used. Fruit, when added to cake, is usually floured to prevent its settling to the bottom. This is not necessary if it is added directly after the sugar, which is desirable in all dark cakes. If a light fruit cake is made, fruit added in this way discolors the loaf. Citron is first cut in thin slices, then in strips, floured, and put in between layers of cake mixtures. Raisins are seeded and cut, rather than chopped. *To seed raisins,* wet tips of fingers in a cup of warm water. Then break skins with fingers or cut with a vegetable knife; remove seeds, and put in cup of water. This is better than covering raisins with warm water; if this be done, water clings to fruit, and when dredged with flour a pasty mass is formed on the outside. Washed currants, put up in packages, are quite free from stems and foreign substances, and need only picking over and rolling in flour. Currants bought in bulk need thorough cleaning. First roll in flour, which helps to start dirt; wash in cold water, drain, and spread to dry; then roll again in flour before using.

To Butter and Fill Pans. Grease pans with melted fat, using a butter brush. If butter is used, put in a small saucepan and place on

back of range; when melted, salt will settle to the bottom; butter is then called *clarified*. Just before putting in mixture, dredge pans thoroughly with flour, invert, and shake pan to remove all superfluous flour, leaving only a thin coating which adheres to butter. This gives to cake a smooth under surface, which is especially desirable if cake is to be frosted. Pans may be lined with paper. If this is done, paper should just cover bottom of pan and project over sides. Then ends of pan and paper are buttered.

In filling pans, have the mixture come well to the corners and sides of pans, leaving a slight depression in the centre, and when baked the cake will be perfectly flat on top. Cake pans should be filled nearly two-thirds full if cake is expected to rise to top of pan.

To Bake Cake. The baking of cake is more critical than the mixing. Many a well-mixed cake has been spoiled in the baking. In baking cake, divide the time required into quarters. During the first quarter the mixture should begin to rise; second quarter, continue rising and begin to brown; third quarter, continue browning; fourth quarter, finish baking and shrink from pan. It is sometimes necessary to cover cake with brown paper; there is, however, danger of cake adhering to paper. Cake should be often looked at during baking, and providing oven door is opened and closed carefully, there is no danger of this causing cake to fall. Cake should not be moved in oven until it has risen its full height; after this it is usually desirable to move it that it may be evenly browned. Cake when done shrinks from the pan, and in most cases this is a sufficient test; however, in pound cakes this rule does not apply. Pound and rich fruit cakes are tested by pressing surface with tip of finger. If cake feels firm to touch and follows finger back into place, it is safe to remove it from the oven. When baking cake arrange to have nothing else in the oven, and place loaf or loaves as near the centre of oven as possible. If cake is put in too slow an oven, it often rises over sides of pan and is of very coarse texture; if put in too hot an oven, it browns on top before sufficiently risen, and in its attempt to rise breaks through the crust, thus making an unsightly loaf. Cake will also crack on top if too much flour has been used. Small and layer cakes require a hotter oven than loaf cakes.

To Remove Cake from Pans. Remove cake from pans as soon as it comes from the oven, by inverting pan on a wire cake-cooler, or on a board covered with a piece of old linen. If cake is inclined to stick, do

not hurry it from pan, but loosen with knife around edges, and rest pan on its four sides successively; thus by its own weight cake may be helped out.

To Frost Cake. Where cooked frostings are used, it makes but little difference whether they are spread on hot or cold cake. Where uncooked frostings are used, it is best to have the cake slightly warm, with the exception of Confectioners' Frosting, where boiling water is employed.

Hot Water Sponge Cake

Yolks 2 eggs
1 cup sugar
⅜ cup hot water or milk
½ teaspoon lemon extract
Whites two eggs
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt

Beat yolks of eggs until thick and lemon-colored, add one-half the sugar gradually, and continue beating; then add water, remaining sugar, lemon extract, whites of eggs beaten until stiff, and flour mixed and sifted with baking powder and salt. Bake twenty-five minutes in a moderate oven in a buttered and floured shallow pan.

Cheap Sponge Cake

Yolks 3 eggs
1 cup sugar
1 tablespoon hot water
1 cup flour
1½ teaspoons baking powder
¼ teaspoon salt
Whites 3 eggs
2 teaspoons vinegar

Beat yolks of eggs until thick and lemon-colored, add sugar gradually, and continue beating; then add water, flour mixed and sifted with baking powder and salt, whites of eggs beaten until stiff, and vinegar. Bake thirty-five minutes in a moderate oven, in a buttered and floured cake pan.

Delia's Sponge Cake

Yolks 2 eggs
4 tablespoons hot water
¾ cup sugar
¼ teaspoon lemon extract
Whites 2 eggs
1 cup flour
1¼ teaspoons baking powder

Add yolks of eggs to hot water and beat until thick; then add gradually, while beating constantly, sugar and lemon extract. Add whites of eggs, beaten until stiff, and fold in flour, mixed and sifted with baking powder. Turn into a buttered and floured narrow deep cake pan and bake in a moderate oven thirty-five minutes.

Potato Flour Sponge Cake

Yolks 4 eggs
¾ cup sugar
Whites 4 eggs
½ cup potato flour
1 teaspoon baking powder
¼ teaspoon salt
½ tablespoon lemon juice

Beat yolks of eggs until thick and lemon-colored and add sugar gradually, while beating constantly; then add whites of eggs, beaten until stiff. Mix and sift dry ingredients and cut and fold into mixture. Add lemon juice, turn into a buttered and floured cake pan, and bake in a moderate oven thirty minutes.

Cream Sponge Cake

Yolks 4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
Flour
1¼ teaspoons baking powder
¼ teaspoon salt
Whites 4 eggs
1 teaspoon lemon extract

Beat yolks of eggs and water until thick and lemon-colored, add sugar gradually, and flavoring and beat two minutes. Put cornstarch in a cup and fill cup with flour. Mix and sift cornstarch and flour with baking powder and salt, and add to first mixture. When thoroughly mixed add whites of eggs beaten until stiff. Bake thirty minutes in a moderate oven. This is an excellent mixture to use for whipped cream pies or to bake in an angel-cake pan.

Gratan Mocha

Bake Cream Sponge Cake mixture in two buttered round, deep layer cake tins. Put between layers whipped cream, sweetened and flavored with strong coffee. Garnish top with cream, forced through a pastry bag and tube, and glacéed pineapple, cherries, and angelica.

Petit Four

Follow recipe for Cream Sponge Cake. Bake in a shallow pan, cool, and shape, using a small round cutter. Split, and remove a small portion of cake from the centre of each piece. Fill cavities of one-half the pieces with whipped cream sweetened and flavored, cover with remaining pieces, and press firmly together. Nuts or glacé fruits cut in pieces may be added to cream. Melt fondant, color, and flavor to taste. Dip cakes in fondant, decorate tops with pistachio nuts, violets, or glacé cherries, and place each in a paper case.

Sponge Cake

Yolks 6 eggs
1 cup sugar
1 tablespoon lemon juice
Grated rind one-half lemon
Whites 6 eggs
1 cup flour
¼ teaspoon salt

Beat yolks until thick and lemon-colored, add sugar gradually, and continue beating, using egg-beater. Add lemon juice, rind, and whites of eggs beaten until stiff and dry. When whites are partially mixed with yolks, remove beater, and carefully cut and fold in flour mixed and sifted with salt. Bake one hour in a slow oven, in a buttered angel-cake pan or deep narrow pan.

Genuine sponge cake contains no rising properties, but is made light by the quantity of air beaten into both yolks and whites of eggs, and the expansion of that air in baking. It requires a slow oven. All so-called sponge cakes which have the addition of soda and cream-of-tartar or baking powder require same oven temperature as butter cakes. When failures are made in Sunshine and Angel Cake, they are usually traced to baking in too slow an oven, and removing from oven before thoroughly cooked.

Sunshine Cake

Whites 10 eggs
1½ cups powdered sugar
Yolks 6 eggs
1 teaspoon lemon extract
1 cup flour
1 teaspoon cream-of-tartar

Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon-colored, and extract. Cut and fold in flour mixed and sifted with cream-of-tartar. Bake fifty minutes in a moderate oven in a buttered angel-cake pan.

Mocha Cake

To one-half recipe for Sunshine Cake add one-half cup English walnut meats broken in pieces. Bake in a medium-sized angel-cake pan; cool, split, and fill with whipped cream sweetened and flavored with coffee essence. Cover top with Confectioners' Frosting, flavored with coffee essence.

Angel Cake

Whites 8 eggs
1 teaspoon cream-of-tartar
1 cup sugar
¾ cup flour
¼ teaspoon salt
¾ teaspoon vanilla

Beat whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually. Fold in flour mixed with salt and sifted four times, and add vanilla. Bake forty-five to fifty minutes in an unbuttered angel-cake pan. After cake has risen and begins to brown, cover with a buttered paper.

White Mountain Angel Cake

1½ cups egg whites = 12 whites
1½ cups sugar
1 teaspoon cream-of-tartar
1 cup bread flour
¼ teaspoon salt
1 teaspoon vanilla

Beat egg whites until stiff, using large egg-beater. Remove egg-beater and add sugar mixed with cream-of-tartar, gradually, folding in with wooden cake spoon. Cut and fold in flour, mixed with salt, and add flavoring. Turn into a buttered angel-cake pan, cover, and bake in a moderate oven twenty minutes. Remove cover and bake from twenty to twenty-five minutes. Invert pan on wire cake-cooler and let stand, when cake should, by its own weight, drop from pan.

Mock Angel Cake

1 cup sugar
1⅓ cups flour
3 teaspoons baking powder
⅓ teaspoon salt
⅔ cup scalded milk
1 teaspoon vanilla
Whites 2 eggs

Mix and sift first four ingredients four times. Pour on gradually the scalded milk. Fold in whites of eggs, beaten until stiff, and add vanilla. Turn into an unbuttered angel-cake pan and bake in a moderate oven forty-five minutes. This is better for being kept twenty-four hours.

Silver Sponge Cake

Whites 5 eggs
¾ cup sugar
½ teaspoon cream-of-tartar
½ cup bread flour
1 teaspoon vanilla

Beat whites of eggs until stiff and dry and add gradually, while beating constantly, sugar, mixed and sifted with cream-of-tartar. Sift flour into the mixture, add vanilla, and cut and fold until blended. Fill buttered individual tins two-thirds full of mixture, sprinkle with powdered sugar, and bake in a moderate oven.

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CHOCOLATE CAKES (*Page 609*) AND CRESCENTS (*Page 664*).

Moonshine Cake

Whites 10 eggs
¼ teaspoon salt
⅞ teaspoon cream-of-tartar
Yolks 7 eggs
1½ cups sugar
1 teaspoon almond extract
1 cup pastry flour

Add salt to whites of eggs and beat until light. Sift in cream-of-tartar and beat until stiff. Beat yolks of eggs until thick and lemon-colored and add two heaping tablespoons beaten whites. To remaining whites add gradually sugar measured after five siftings. Add almond extract and combine mixtures. Cut and fold in flour, measured after five siftings. Bake in angel-cake pan, first dipped in cold water, in a slow oven one hour. Have a pan of hot water in oven during the baking. Cover with

Maraschino Frosting. Follow recipe for Ice Cream Frosting (see p. 655), adding to sugar one-half teaspoon cream-of-tartar, and flavor with maraschino. Sprinkle with almonds blanched, shredded, and baked until delicately browned.

Lady Fingers

Whites 3 eggs
⅓ cup powdered sugar
Yolks 2 eggs
⅓ cup bread flour
⅛ teaspoon salt
¼ teaspoon vanilla

Beat whites of eggs until stiff and dry, add sugar gradually, and continue beating. Then add yolks of eggs beaten until thick and lemon-colored, and flavoring. Cut and fold in flour mixed and sifted with salt. Shape four and one-half inches long and one inch wide on a tin sheet covered with unbuttered paper, using a pastry bag and tube. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven. Remove from paper with a knife. Lady Fingers are much used for lining moulds that are to be filled with whipped-cream mixtures. They are often served with frozen desserts, and sometimes put together in pairs with a thin coating of whipped cream between.

Sponge Drops

Drop Lady Finger mixture from tip of spoon on unbuttered paper. Sprinkle with powdered sugar, and bake eight minutes in a moderate oven.

Almond Tart

4 eggs
1 cup powdered sugar
½ cup grated chocolate
½ cup Jordan almonds, blanched and finely chopped
1 teaspoon baking powder
¾ cup cracker dust

Beat yolks of eggs until thick and lemon-colored; add sugar gradually, then fold in white of eggs beaten until stiff and dry. Add chocolate, almonds, baking powder, and cracker dust. Bake in a buttered round pan. Cool, split, and put whipped cream, sweetened and flavored, between and on top. Garnish with angelica and candied cherries. This makes a most attractive dessert when baked in individual tins. As soon as cool, remove centres, and fill with whipped cream, forced through a pastry bag and tube.

Jelly Roll

3 eggs
1 cup sugar
½ tablespoon milk
1 teaspoon baking powder
¼ teaspoon salt
1 cup flour
1 tablespoon melted butter

Beat eggs until light, add sugar gradually, milk, flour mixed and sifted with baking powder and salt, then butter. Line the bottom of a dripping pan with paper; butter paper and sides of pan. Cover bottom of pan with mixture, and spread evenly. Bake twelve minutes in a moderate oven. Take from oven and turn on a paper sprinkled with powdered sugar. Quickly remove paper, and cut off a thin strip from sides and ends of cake. Spread with jelly or jam which has been beaten to consistency to spread easily, and roll. After cake has been rolled, roll paper around cake that it may better keep in shape. The work must be done quickly, or cake will crack in rolling.

Vienna Cake

Yolks 4 eggs
1 cup sugar
3 tablespoons cold water
1½ tablespoons cornstarch
Flour
1½ teaspoons baking powder
½ teaspoon salt
Whites 6 eggs
1 teaspoon lemon extract

Beat egg yolks until thick and lemon-colored, and add gradually, while beating constantly, sugar; then add water. Put cornstarch in

cup and fill cup with flour. Mix and sift with baking powder and salt and add to first mixture; then add egg whites, beaten until stiff, and lemon extract. Turn into a buttered and floured angel-cake pan and bake in a moderate oven forty minutes. Remove from pan, cool, and cut crosswise, so as to make four layers of equal thickness. Put between the top and bottom layers Mocha Filling, flavored with sweetened chocolate. In the centre and over top and sides of cake, Mocha Filling, flavored with vanilla. Sprinkle entire frosted surface with Nut Brittle.

Mocha Filling. Mix one-third cup sugar, one-third cup flour, and one-fourth teaspoon salt. When thoroughly blended, add gradually, while stirring constantly, two cups scalded milk and cook in double boiler fifteen minutes, stirring constantly until mixture thickens, and afterwards occasionally. Wash one cup butter, add to cooked mixture and let stand until cold; then add one teaspoon vanilla.

Chocolate Mocha Filling. To one-third Mocha Filling add one ounce melted sweet chocolate.

Nut Brittle. Blanch and chop Jordan almonds; there should be one-third cup. Put in a small omelet pan with one-third cup sugar, place on range, and stir constantly until sugar is well caramelized. Turn into a slightly buttered pan, cool, and roll until quite fine.

Raised Loaf Cake

1 cup butter
2 cups brown sugar
2 eggs
2 cups bread sponge
2 teaspoons cinnamon
1 teaspoon cloves
2 teaspoons soda
1 teaspoon salt
2 cups raisins
1 cup flour

Cream butter and add gradually, while beating constantly, sugar; then add eggs, well beaten, bread sponge, spices, soda, and salt (mixed and sifted), and raisins, seeded and cut in quarters and mixed with flour. Turn into two buttered and floured oblong pans, cover, and let rise three hours and bake in a moderate oven one hour. Remove from pan and cover top with Portsmouth Frosting (see p. 653).

Bread Sponge. Mix one tablespoon, each, butter, sugar, and salt; add one yeast cake, dissolved in one cup lukewarm water and two and one-half cups flour. Cover and let rise until mixture is light.

Election Cake

½ cup butter
1 cup bread dough
1 egg
1 cup brown sugar
½ cup sour milk
⅔ cup raisins seeded, and cut in pieces
8 finely chopped figs
1¼ cups flour
½ teaspoon soda
1 teaspoon cinnamon
¼ teaspoon clove
¼ teaspoon mace
¼ teaspoon nutmeg
1 teaspoon salt

Work butter into dough, using the hand. Add egg well beaten, sugar, milk, fruit dredged with two tablespoons flour, and flour mixed and sifted with remaining ingredients. Put into a well-buttered bread pan, cover, and let rise one and one-quarter hours. Bake one hour in a slow oven. Cover with Boiled Milk Frosting.

Fruit Cake

(Without butter or eggs)

1 cup sugar
½ cup molasses
¾ cup milk
¼ cup coffee infusion
1½ cups entire wheat flour
½ cup white flour
4 teaspoons baking powder
½ teaspoon salt
1 teaspoon cinnamon
Allspice, Clove, Mace, Grated nutmeg — ¼ teaspoon each
1 pound raisins seeded and cut in pieces

Mix sugar, molasses, milk, and coffee. Mix and sift dry ingredients, reserving one-fourth cup white flour. Combine mixtures and add raisins, dredged with remaining flour. Turn into a buttered and floured bread pan and bake in a moderate oven fifty minutes.

Grant Cake

½ cup butter
1 cup sugar
1 egg
1 cup sour milk
2¾ cups flour
1¼ cups raisins
1½ teaspoons soda
¾ teaspoon allspice
¾ teaspoon cloves
1½ teaspoon cinnamon
½ teaspoon salt

Cream butter and add sugar gradually, while beating constantly, egg well beaten, and sour milk. Mix and sift two and one-half cups flour with soda, spices, and salt and add to first mixture; then add

raisins, seeded, cut in pieces, and dredged with remaining flour. Turn into a buttered oblong cake pan and bake in a moderate oven fifty minutes.

One Egg Cake

¼ cup butter
½ cup sugar
1 egg
½ cup milk
1½ cups flour
2½ teaspoons baking powder

Cream the butter, add sugar gradually, and egg well beaten. Mix and sift flour and baking powder, and add alternately with milk to first mixture. Bake thirty minutes in a buttered shallow pan. Spread with Chocolate Frosting.

Cream Pie I

⅓ cup butter
1 cup sugar
2 eggs
½ cup milk
1¾ cups flour
½ teaspoon salt
2½ teaspoons baking powder

Mix as One Egg Cake. Bake in round layer-cake pans. Put Cream Filling between layers and sprinkle top with powdered sugar.

Cream Pie II

Make as Cream Pie I, using French Cream Filling in place of Cream Filling.

Cocoanut Pie

Mix and bake same as Cream Pie. Put Cocoanut Filling between layers and on top.

Washington Pie

Mix and bake same as Cream Pie. Put raspberry jam or jelly between layers and sprinkle top with powdered sugar.

Chocolate Pie

2 tablespoons butter
¾ cup sugar
1 egg
½ cup milk
1⅓ cups flour
2 teaspoons baking powder

Mix and bake same as Cream Pie. Split layers, and spread between and on top of each a thin layer of Chocolate Frosting.

Orange Cake

¼ cup butter
1 cup sugar
2 eggs
½ cup milk
1⅔ cups flour
2½ teaspoons baking powder

Cream the butter, add sugar gradually, eggs well beaten, and milk. Then add flour mixed and sifted with baking powder. Bake in a thin sheet in a dripping pan. Cut in halves, spread one-half with Orange Filling. Put over other half, and cover with Orange Frosting.

Quick Cake

½ cup soft butter
1½ cups brown sugar
2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon grated nutmeg
½ lb. dates, stoned, and cut in pieces

Put ingredients in a bowl and beat all together for three minutes, using a wooden cake spoon. Bake in a buttered and floured cake pan thirty-five to forty minutes. If directions are followed this makes a most satisfactory cake; but if ingredients are added separately it will not prove a success.

Boston Favorite Cake

⅔ cup butter
1⅞ cups sugar
4 eggs
1 cup milk
3½ cups flour
½ teaspoon salt
5 teaspoons baking powder

Cream the butter, add sugar gradually, eggs beaten until light, then alternately milk and flour mixed and sifted with baking powder. This recipe makes two loaves, or one-half the mixture may be baked in individual tins.

Prize Cake

Yolks 4 eggs
Whites 2 eggs
1 cup sugar
2 cups flour
2½ teaspoons baking powder
½ cup milk
⅓ cup melted butter

Put egg yolks and whites into a bowl and beat until thick, using an egg beater; then add sugar gradually, while beating constantly. Mix and sift flour and baking powder and add alternately with milk to first mixture; then add one-third cup melted butter. Turn into a buttered and floured shallow cake pan and bake in a moderate oven thirty-five minutes.

This mixture is well adapted for reception cakes. It may be cut into small squares, oblongs, triangles, or any desired shapes, dipped in Oscar's Frosting and decorated with candied fruits, candies, or ornamental frosting.

Priscilla Cake

½ cup butter
1½ cups sugar
5 eggs
2½ cups flour
2¼ teaspoons baking powder
½ cup milk
1 teaspoon vanilla

Cream butter and add gradually, while beating constantly, sugar; then add eggs well beaten. Mix and sift flour and baking powder and add alternately with milk to first mixture. Beat vigorously two minutes and add flavoring. Turn into a buttered and floured cake pan and bake in a moderate oven forty-five minutes.

Cream Cake

2 eggs
⅞ cup sugar
⅔ cup thin cream
1⅔ cups flour
2½ teaspoons baking powder
½ teaspoon salt
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon ginger

Put unbeaten eggs in a bowl, add sugar and cream, and beat vigorously. Mix and sift remaining ingredients, then add first mixture. Bake thirty minutes in a shallow cake pan.

Currant Cake

½ cup butter
1 cup sugar
2 eggs
Yolk 1 egg
½ cup milk
2 cups flour
3 teaspoons baking powder
1 cup currants mixed with 1 tablespoon flour

Cream the butter, add sugar gradually, and eggs and egg yolk well beaten. Then add milk, flour mixed and sifted with baking powder, and currants. Bake forty minutes in buttered and floured cake pan.

Citron Cake

¼ lb. butter
½ lb. sugar
3 eggs
½ cup milk
½ lb. flour
1 tablespoon brandy
1 cup citron, thinly sliced, then cut in strips
1½ teaspoons baking powder

Cream the butter, add sugar gradually, yolks of eggs well beaten, milk, and flour mixed and sifted with baking powder. Beat whites of eggs until stiff, and add to first mixture, then add brandy and citron. Bake in a moderate oven one hour.

Velvet Cake

½ cup butter
1½ cups sugar
Yolks 4 eggs
½ cup cold water
1½ cups flour
½ cup cornstarch
4 teaspoons baking powder
Whites 4 eggs
⅓ cup almonds, blanched, and shredded

Cream the butter, add sugar gradually, yolks of eggs well beaten, and water. Mix and sift flour, cornstarch, and baking powder, and add to first mixture; then add whites of eggs beaten until stiff. After putting in pan, cover with almonds, and sprinkle with powdered sugar. Bake forty minutes in a moderate oven.

Walnut Cake

½ cup butter
1 cup sugar
Yolks 3 eggs
½ cup milk
½ teaspoon salt
1¾ cups flour
2¾ teaspoons baking powder
Whites 2 eggs
¾ cup walnut meat, broken in pieces

Mix same as One Egg Cake. Bake forty-five minutes in a moderate oven. Cover with White Mountain Cream, crease in squares, and put one-half walnut on each square.

Spanish Cake

½ cup butter
1 cup sugar
Yolks 2 eggs
½ cup milk
1¾ cups flour
3 teaspoons baking powder
1 teaspoon cinnamon
Whites 2 eggs

Mix ingredients in order given. Bake in shallow tins and spread between and on top Caramel Frosting.

Cup Cakes

⅔ cup butter
2 cups sugar
4 eggs
1 cup milk
3¼ cups flour
4 teaspoons baking powder
¼ teaspoon mace

Put butter and sugar in a bowl, and stir until well mixed; add eggs well beaten, then milk, and flour mixed and sifted with baking powder and mace. Bake in individual tins. Cover with Chocolate Frosting.

Cinnamon Cakes

½ cup butter
1 cup sugar
2 eggs
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
1 tablespoon cinnamon

Mix ingredients in the order given, and bake in individual buttered cake tins.

Almond Cakes

½ cup butter
¾ cup sugar
⅓ cup milk
2 eggs
1½ cups flour
2 teaspoons baking powder
1 cup Jordan almonds, blanched and cut in pieces

Mix ingredients in order given, and bake in individual cake pans.

Brownies

⅓ cup butter
⅓ cup powdered sugar
⅓ cup Porto Rico molasses
1 egg, well beaten
⅞ cup bread flour
1 cup pecan meat, cut in pieces

Mix ingredients in order given. Bake in small, shallow fancy cake tins, garnishing top of each cake with one-half pecan.

Chocolate Cake I

½ cup butter
1 cup sugar
2 small eggs
½ cup milk
1½ cups flour
2½ teaspoons baking powder
2 ozs. chocolate, melted
½ teaspoon vanilla

Cream the butter, add sugar gradually, and yolks of eggs well beaten, then whites of eggs beaten until stiff. Add milk, flour mixed and sifted with baking powder, and beat thoroughly. Then add chocolate and vanilla. Bake forty minutes in a shallow cake pan.

Chocolate Cake II

½ cup butter
1½ cups sugar
½ cup milk
2¼ cups flour
¼ teaspoon soda
¾ teaspoon cream of tartar
Whites 5 eggs
2 squares unsweetened chocolate, grated

Cream the butter; add sugar gradually, milk, and flour mixed and sifted with soda and cream of tartar. Beat whites of eggs, and add to first mixture; then add chocolate, and beat thoroughly. Bake forty-five minutes in a moderate oven.

Chocolate Marshmallow Cake

Follow recipe for Chocolate Cake II. As soon as cake is removed from pan, cover bottom with marshmallows pulled apart with tips of fingers, but not quite separated into halves. The exposed soft surface will quickly adhere to hot cake. Pour over Chocolate Fudge Frosting.

Chocolate Nougat Cake

¼ cup butter
1½ cups powdered sugar
1 egg
1 cup milk
2 cups bread flour
3 teaspoons baking powder
½ teaspoon vanilla
2 squares chocolate, melted
⅓ cup powdered sugar
⅔ cup almonds, blanched and shredded

Cream the butter, add gradually one and one-half cups sugar, and egg unbeaten; when well mixed, add two-thirds milk, flour mixed and sifted with baking powder, and vanilla. To melted chocolate add one-third cup powdered sugar, place on range, add gradually remaining milk, and cook until smooth. Cool slightly, and add to cake mixture. Bake fifteen to twenty minutes in round layer-cake pans. Put between layers and on top of cake White Mountain Cream sprinkled with almonds.

Chocolate Dominoes

½ cup pecan nut meat
½ cup English walnut meat
½ cup figs
½ cup dates
Grated rind 1 orange
1 tablespoon orange juice
1 square chocolate, melted

Mix nut meats, figs, and dates, and force through a meat chopper, or chop finely. Add remaining ingredients, toss on a board sprinkled with powdered sugar, and roll to one-third inch in thickness. Cut in domino shapes, spread thinly with melted unsweetened chocolate, and decorate with small pieces blanched almonds to imitate dominoes.

Chocolate Sponge

½ cup butter
¼ cup prepared powdered cocoa
3 eggs
1 cup sugar
1 teaspoon cinnamon
¼ teaspoon clove
½ cup cold water
1 cup flour
3 teaspoons baking powder

Cream the butter; add cocoa, yolks of eggs well beaten, sugar mixed with cinnamon and clove, and water. Beat the whites of eggs, and add

to first mixture alternately with flour mixed and sifted with baking powder. Bake in small tins from fifteen to twenty minutes.

Devil's Food Cake I

½ cup butter
2 cups sugar
Yolks 4 eggs
1 cup milk
2⅔ cups flour
5 teaspoons baking powder
Whites 4 eggs
4 squares chocolate
½ teaspoon vanilla
½ teaspoon salt

Cream the butter, and add gradually one-half the sugar. Beat yolks of eggs until thick and lemon-colored, and add gradually remaining sugar. Combine mixtures, and add alternately milk and flour mixed and sifted with baking powder and salt; then add whites of eggs beaten stiff, chocolate melted, and vanilla. Bake forty-five to fifty minutes in an angel-cake pan. Cover with White Mountain Cream (see p. 654).

Devil's Food Cake II

4 squares unsweetened chocolate
½ cup sugar
½ cup sweet milk
Yolk 1 egg
¼ cup butter
½ cup sugar
¼ cup sour milk
1 egg
1⅛ cups flour
½ teaspoon soda
½ teaspoon vanilla

Melt chocolate over hot water, add one-half cup sugar, and gradually sweet milk; then add yolk of egg, and cook until mixture thickens. Set aside to cool. Cream the butter, add gradually one-half cup sugar, egg well beaten, sour milk, and flour mixed and sifted with soda. Combine mixtures and add vanilla. Bake in shallow cake pans, and put between and on top boiled frosting. Add to filling one-fourth cup raisins seeded and cut in pieces, if desired.

Fudge Cake

1 cup butter
1 cup sugar
Yolks 3 eggs
½ cup milk
2 cups flour
2½ teaspoons baking powder
Whites 3 eggs
2 ounces unsweetened chocolate
½ teaspoon vanilla

Cream butter and add sugar gradually, while beating constantly; then add yolks of eggs, well beaten. Mix and sift baking powder and flour and add alternately with milk to first mixture. Add whites of

eggs, beaten until stiff, chocolate, melted over hot water, and vanilla. Turn into two buttered and floured seven-inch square pans and bake in a moderate oven. Put between and on top Fudge Frosting (see p. 658).

Caramel Potato Cake

½ cup butter
1 cup sugar
2 eggs
½ cup milk
½ cup hot riced potatoes
1 cup flour
2 teaspoons baking powder
½ teaspoon cinnamon
½ teaspoon clove
½ teaspoon nutmeg
½ cup grated chocolate
½ cup chopped nut meats

Cream butter and add gradually, while beating constantly, sugar; then add eggs, well beaten, milk, and potatoes. Beat thoroughly and add flour, mixed and sifted with baking powder, and spices, chocolate, and nut meats. Turn into a buttered and floured cake pan and bake in a moderate oven fifty-five minutes. Remove from pan and cover with Fudge Frosting (see p. 658).

Chocolate Walnut Loaf Cake

⅓ cup butter
1 cup brown sugar
Yolks 2 eggs
½ cup milk
2 cups bread flour
1 teaspoon soda
Whites 3 eggs
4 squares chocolate
⅔ cup brown sugar
1 cup milk
Yolk 1 egg
1½ cups chopped walnut meats
1 cup citron, cut in small pieces
2 teaspoons vanilla

Cream butter and add gradually, while beating constantly, one cup sugar; then add yolks two eggs, well beaten, one-half cup milk, flour, mixed and sifted with soda, and whites three eggs, beaten until stiff. Melt chocolate and add two-thirds cup sugar, one cup milk, and yolk one egg, slightly beaten. Cook in double boiler, stirring constantly until mixture is smooth. Cool and add to first mixture; then add nut meats, citron, and vanilla. Turn into two buttered and floured seven-inch square pans and bake in a moderate oven thirty-five minutes. Remove from pans and cover with white or chocolate frosting.

Chocolate Vienna Cake

¾ cup butter
⅞ cup sugar
Yolks 5 eggs
4 squares unsweetened chocolate
1½ cups flour
3 teaspoons baking powder
Whites 5 eggs
Apricot or Orange Marmalade

Mix ingredients in order given, and bake in small tins. Remove from tins, cool, take out a small portion of cake from the centre of each, and fill cavity with marmalade. Cover tops of cake with Marshmallow Frosting or Chocolate Frosting IV.

Chocolate Fruit Cake

⅓ cup butter
1 cup sugar
¼ cup breakfast cocoa
Yolks 3 eggs
½ cup cold water
1¼ cups bread flour
3 teaspoons baking powder
1 teaspoon cinnamon
¼ teaspoon salt
⅓ cup candied cherries
⅓ cup raisins, seeded and cut in pieces
1½ tablespoons brandy
⅓ cup walnut meats, cut in pieces
Whites 3 eggs
1 teaspoon vanilla

Cover fruit with brandy and let stand several hours. Mix ingredients in order given, and bake in deep cake pan fifty minutes. Cover with White Mountain Cream, and as soon as frosting is set, spread as thinly as possible with melted chocolate.

Ribbon Cake

½ cup butter
2 cups sugar
Yolks 4 eggs
1 cup milk
3½ cups flour
5 teaspoons baking powder
Whites 4 eggs
½ teaspoon cinnamon
¼ teaspoon mace
¼ teaspoon nutmeg
⅓ cup raisins, seeded and cut in pieces
⅓ cup figs, finely chopped
1 tablespoon molasses

Mix first seven ingredients in order given. Bake two-thirds of the mixture in two layer-cake pans. To the remainder add spices, fruit, and molasses, and bake in a layer-cake pan. Put layers together with jelly (apple usually being preferred, as it has less flavor), having the dark layer in the centre.

Golden Spice Cake

½ cup butter
½ cup brown sugar
1 egg
Yolks 4 eggs
½ cup molasses
½ cup milk
2¼ cups flour
1 teaspoon cinnamon
½ teaspoon soda
½ teaspoon clove
¼ teaspoon grated nutmeg
Few grains cayenne
Few gratings lemon rind

Cream the butter, add sugar gradually, egg and yolks of eggs well beaten, molasses, milk, flour, mixed and sifted with spices, cayenne, and lemon rind. Bake in a moderate oven one hour, and cover with White Mountain Cream (see p. 654).

Princeton Orange Cake

½ cup butter
1½ cups sugar
Yolks 4 eggs
½ cup orange juice
Grated rind 1 orange
1½ cups flour
½ cup cornstarch
4 teaspoons baking powder

Cream butter and add sugar gradually, while beating constantly. When mixture is creamy, add yolks of eggs, beaten until thick, orange juice and rind, and flour and cornstarch, mixed and sifted with baking powder; then add whites of eggs, beaten until stiff. Turn into buttered and floured individual tins and bake in a moderate oven. Cover tops with Orange Frosting.

Florida Nut Cake

Bake Princeton Orange Cake mixture in a buttered dripping pan, sprinkled generously with chopped walnut meats and sparingly with powdered sugar. Remove from pan, cut in halves, crosswise, and put together with Orange Filling, spreading it on the surface, where there are no nuts. Cut in finger-shaped pieces and arrange on a plate covered with a doily.

Birthday Cake

½ cup butter
1¼ cups brown sugar
Yolks 2 eggs
⅔ cup milk
2¼ cups flour
3½ teaspoons baking powder
1 teaspoon orange extract
1 teaspoon vanilla
2 tablespoons Sherry
½ cup raisins, seeded and cut in pieces
½ cup walnut meats, cut in pieces
⅓ cup currants
2 tablespoons candied orange peel, finely cut
Whites 2 eggs

Follow directions for making butter-cake mixtures. Bake in a buttered and floured angel-cake pan in a slow oven one and one-quarter hours. Cover with Ornamental Frosting (see p. 661).

Rich Coffee Cake

1 cup butter
2 cups sugar
4 eggs
2 tablespoons molasses
1 cup cold boiled coffee
3¾ cups flour
5 teaspoons baking powder
1 teaspoon cinnamon
½ teaspoon clove
½ teaspoon mace
½ teaspoon allspice
¾ cup raisins, seeded and cut in pieces
¾ cup currants
¼ cup citron, thinly sliced and cut in strips
2 tablespoons brandy

Follow directions for making butter-cake mixtures. Bake in deep cake pans.

Nut Spice Cake

½ cup butter
1 cup brown sugar
½ cup molasses
Yolks 4 eggs
1 cup sour milk
2½ cups flour
1 teaspoon soda
1 teaspoon cinnamon
½ teaspoon clove
¼ nutmeg, grated
1 cup raisins, seeded and cut in pieces
½ cup currants
½ cup English walnut meats, cut in pieces
1½ teaspoons baking powder

Mix ingredients in the order given. This recipe makes two loaves.

Dark Fruit Cake

½ cup butter
¾ cup brown sugar
¾ cup raisins, seeded and cut in pieces
¾ cup currants
½ cup citron, thinly sliced and cut in strips
½ cup molasses
2 eggs
½ cup milk
2 cups flour
½ teaspoon soda
1 teaspoon cinnamon
½ teaspoon allspice
½ teaspoon mace
¼ teaspoon clove
½ teaspoon lemon extract

Follow directions for mixing butter cake mixtures. Bake in deep cake pans one and one-quarter hours.

Nut Cakes

Meat from 1 lb. pecans
1 lb. powdered sugar
¼ cup flour
Whites 6 eggs
1 teaspoon vanilla

Pound nut meat and mix with sugar and flour. Beat whites of eggs until stiff, add first mixture and vanilla. Drop from tip of tablespoon

(allowing one spoonful for each cake) on a tin sheet covered with buttered paper. Bake twenty minutes in a moderate oven.

Snow Cake

¼ cup butter
1 cup sugar
½ cup milk
1⅔ cups flour
2½ teaspoons baking powder
Whites 2 eggs
½ teaspoon vanilla or
¼ teaspoon almond extract

Follow recipe for mixing butter cakes. Bake forty-five minutes in a deep narrow pan.

Lily Cake

⅓ cup butter
1 cup sugar
½ cup milk
1¾ cups flour
2½ teaspoons baking powder
Whites 3 eggs
⅓ teaspoon lemon extract
⅔ teaspoon vanilla

Follow recipe for mixing butter cakes.

Silver Cake

½ cup butter
1 cup sugar
½ cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon salt
Whites 4 eggs
½ teaspoon almond extract

Cream butter and add sugar gradually, while beating constantly; then add milk alternately with flour, mixed and sifted with baking powder and salt. Beat whites of eggs until stiff and add to mixture with flavoring. Turn into a buttered and floured cake pan and bake forty-five minutes in a moderate oven.

Cornstarch Cake

1 cup butter
2 cups sugar
1 cup milk
1 cup cornstarch
2 cups flour
4½ teaspoons baking powder
Whites 5 eggs
¾ teaspoon vanilla or
½ teaspoon almond extract

Follow recipe for mixing butter cakes. This mixture makes two loaves.

Walnut Mocha Cake

½ cup butter
1 cup sugar
½ cup coffee infusion
1¾ cups flour
2½ teaspoons baking powder
Whites 3 eggs
¾ cup walnut meats, broken in pieces

Follow directions for mixing butter-cake mixtures. Cover with Confectioners' Frosting, using cream, and flavoring with vanilla.

Prune Almond Cake

Bake one-half Cornstarch Cake mixture in a dripping pan. Cut in two crosswise, spread between layers Prune Almond Filling, and cover top with White Mountain Cream.

Prune Almond Filling. To one-half the recipe for White Mountain Cream add eight soft prunes stoned and cut in pieces, and one-fourth cup almonds blanched and cut in pieces.

Marshmallow Cake

½ cup butter
1½ cups sugar
½ cup milk
2 cups flour
3 teaspoons baking powder
¼ teaspoon cream-of-tartar
Whites 5 eggs
1 teaspoon vanilla

Follow recipe for mixing butter cakes. Bake in shallow pans, and put Marshmallow Cream between the layers and on the top.

Fig Éclair

½ cup butter (scant)
1 cup sugar
½ cup milk
1⅞ cups flour
3 teaspoons baking powder
Whites 4 eggs
½ teaspoon vanilla

Follow recipe for mixing butter cakes. Bake in shallow pans, put between layers Fig Filling, and sprinkle top with powdered sugar.

Banana Cake

Mix and bake Fig Éclair mixture; put between layers White Mountain Cream covered with thin slices of banana, and frost the top. This should be eaten the day it is made.

Bride's Cake

½ cup butter
1½ cups sugar
½ cup milk
2½ cups flour
3 teaspoons baking powder
¼ teaspoon cream-of-tartar
Whites six eggs
½ teaspoon almond extract

Follow recipe for mixing butter cakes. Bake forty-five to fifty minutes in deep, narrow pans. Cover with white frosting.

Ice Cream Cake

½ cup butter
2 cups sugar
1 cup milk
3 cups flour
4 teaspoons baking powder
Whites 4 eggs
Vanilla

Follow recipe for mixing butter cakes. Bake in layers, and put between layers and on top Ice Cream Frosting.

Light Fruit Cake

To Fig Éclair mixture add one-half cup raisins seeded and cut in pieces, two ounces citron thinly sliced and cut in strips, and one-third cup walnut meat cut in pieces. In making mixture, reserve one tablespoon flour to use for dredging fruit.

White Nut Cake

¾ cup butter
1½ cups sugar
½ cup milk
2½ cups flour
½ teaspoon cream-of-tartar
3 teaspoons baking powder
Whites 8 eggs
1 cup walnut meat cut in pieces

Follow recipe for mixing butter cakes. This mixture makes two loaves.

White Fruit Cake

⅔ cup butter
1⅔ cups flour
¼ teaspoon soda
½ tablespoon lemon juice
Whites 6 eggs
1¼ cups powdered sugar
⅔ cup candied cherries
⅓ cup almonds, blanched and shredded
½ cup citron, thinly sliced
1 teaspoon almond extract

Cream butter, and add gradually flour, mixed and sifted with soda; then add lemon juice. Beat whites of eggs until stiff, add gradually sugar, and add slowly to first mixture; then add cherries, cut in pieces, almonds, citron, and extract. Bake in a buttered, deep cake pan one hour.

Gold Cake

½ cup butter (scant)
1 cup sugar
Yolks 4 eggs
2 cups flour
3 teaspoons baking powder
½ cup milk

Cream butter and add gradually, while beating constantly, sugar; then add egg yolks, beaten until thick and lemon-colored. Mix and sift flour and baking powder, and add alternately with milk to first

mixture. Bake in a buttered shallow pan or layer-cake tins, in a moderate oven.

Mrs. Raymond's Gold Cake

½ cup butter	1¾ cups flour
1 cup sugar	3¾ teaspoons baking powder
Yolks 5 eggs	¼ teaspoon salt
1 egg	½ cup milk

Cream butter and add sugar gradually, while beating constantly; then add egg yolks and egg well beaten. Mix and sift dry ingredients and add alternately with milk to first mixture. Turn into a buttered and floured cake tin and bake in a moderate oven forty-five minutes. Remove from pan and cover with Cocoanut Coffee Frosting.

Golden Cake

¼ cup butter	¼ cup milk
½ cup sugar	⅞ cup flour
Yolks 5 eggs	1½ teaspoons baking powder
1 teaspoon orange extract	

Cream the butter, add sugar gradually, and yolks of eggs beaten until thick and lemon-colored, and extract. Mix and sift flour and baking powder, and add alternately with milk to first mixture. Omit orange extract, add one-half cup nut meat cut in small pieces, and bake in individual tins.

Mocha Cakes

Bake a sponge-cake mixture in sheets. Shape in small rounds, and cut in three layers. Put layers together with a thin coating of frosting. Spread frosting around sides and roll in shredded cocoanut. Ornament top with frosting forced through a pastry bag and tube, using the rose tube. Begin at centre of top and coil frosting around until surface is covered. Garnish centre of top with a candied cherry.

Frosting. Wash one-third cup butter, add one cup powdered sugar gradually, and beat until creamy. Then add one cup Cream Filling which has been cooled. Flavor with one-half teaspoon vanilla and one and one-half squares melted chocolate.

This frosting is sometimes colored pink, yellow, green, or lavender and flavored with rose, vanilla, or a combination of almond and vanilla Large Mocha Cakes are baked in two round layer-cake tins, each cake being cut in two layers. Layers are put together as small cakes. The top is spread smoothly with frosting, then ornamented with large

pieces of candied fruits arranged in a design, and frosting forced through pastry bag and tube.

Cream Cakes (Cream Puffs)

½ cup butter
1 cup boiling water
4 eggs
1 cup flour

Put butter and water in saucepan and place on front of range. As soon as boiling-point is reached, add flour all at once, and stir vigorously. Remove from fire as soon as mixed, and add unbeaten eggs one at a time, beating, until thoroughly mixed, between the addition of eggs. Drop by spoonfuls on a buttered sheet, one and one-half inches apart, shaping with handle of spoon as nearly circular as possible, having mixture slightly piled in centre. Bake thirty minutes in a hot oven. With a sharp knife make a cut in each large enough to admit of Cream Filling. This recipe makes eighteen small cream cakes. For flavoring cream filling use lemon extract. If cream cakes are removed from oven before being thoroughly cooked, they will fall. If in doubt, take one from oven, and if it does not fall, this is sufficient proof that others are cooked.

French Cream Cakes

Fill Cream Cakes with Cream Sauce I.

French Strawberry Cream Cake

Shape cream-cake mixture oblong, making twelve cakes. Split, and fill with Strawberry Cream Filling.

Éclairs

Shape cream-cake mixture four and one-half inches long by one inch wide, by forcing through a pastry bag and tube. Bake twenty-five minutes in a moderate oven. Split, and fill with vanilla, coffee, or chocolate cream filling. Frost with Confectioners' Frosting to which is added one-third cup melted Fondant, dipping top of éclairs in frosting while it is hot.

Chocolate Pâte à Choux Rings

Force cream-cake mixture through a pastry bag and tube in ring shapes, three and one-half inches in diameter, on a buttered sheet and bake thirty minutes in a moderate oven. Cool, split, and fill with whipped cream, sweetened and flavored with vanilla. Cover with

Berkshire Chocolate Frosting (see p. 653) and sprinkle with Jordan almonds, blanched and shredded.

Lemon Queens

¼ lb. butter
½ lb. sugar
Grated rind 1 lemon
¾ tablespoon lemon juice
Yolks 4 eggs
5 ozs. flour
¼ teaspoon salt
¼ teaspoon soda (scant)
Whites 4 eggs

Cream the butter, add sugar gradually, and continue beating. Then add grated rind, lemon juice, and yolks of eggs beaten until thick and lemon-colored. Mix and sift soda, salt, and flour; add to first mixture and beat thoroughly. Add whites of eggs beaten stiff. Bake from twenty to twenty-five minutes in small tins.

Queen Cake

⅔ cup butter
2 cups flour (scant)
¼ teaspoon soda
Whites 6 eggs
1¼ cups powdered sugar
1½ teaspoons lemon juice

Cream the butter, add flour gradually, mixed and sifted with soda; then add lemon juice. Beat whites of eggs until stiff; add sugar gradually, and combine the mixtures. Bake fifty minutes in a long shallow pan. Cover with Opera Caramel Frosting.

Pound Cake

1 lb. butter
1 lb. sugar
Yolks 10 eggs
Whites 10 eggs
1 lb. flour
½ teaspoon mace
2 tablespoons brandy

Cream the butter, add sugar gradually, and continue beating; then add yolks of eggs beaten until thick and lemon-colored, whites of eggs beaten until stiff and dry, flour, mace, and brandy. Beat vigorously five minutes. Bake in a deep pan one and one-quarter hours in a slow oven; or if to be used for fancy ornamented cakes, bake thirty to thirty-five minutes in a dripping pan.

Grandmother's Pound Cake

1 cup butter
1⅔ cups sugar
5 eggs
2 cups flour

Work butter until creamy, using the hand, and add sugar, gradually, while beating constantly; then add eggs one at a time, beating vigor-

ously between the addition of each. When the mixture is of a creamy consistency, fold in the flour, and turn into a buttered and floured cake pan. Bake one hour in a slow oven.

New York Gingerbread

1 cup butter (less 1 tablespoon)
1½ cups flour
2 tablespoons yellow ginger
5 eggs
1½ cups powdered sugar
1 teaspoon baking powder

Cream the butter, and add flour gradually, mixed and sifted with ginger. Beat the yolks of the eggs until thick and lemon-colored, and add sugar gradually. Combine mixtures, add whites of eggs, beaten until stiff, and sift over baking powder. Beat thoroughly, turn into a buttered, deep cake pan, and bake one hour in a moderate oven.

Newport Pound Cake

Make same as New York Gingerbread, omitting ginger, and substituting one teaspoon vanilla extract.

Christmas Cakes

Bake Newport Pound Cake in golden-rod pans, cut in fourths crosswise, spread with Ice Cream Frosting, and garnish with green leaves, made from ornamental frosting, and round red candies to imitate berries.

Ginger Pound Cakes

Cream one-half pound butter and add gradually one-half pound sugar, continuing the beating. Add three-fourths pound flour, mixed and sifted with two teaspoons baking powder alternately with four eggs beaten until thick and lemon-colored; then add one-half pound Canton ginger cut in small pieces. Bake in small buttered and floured individual cake pans in a slow oven. Cover with White Mountain Cream (see p. 654).

Molasses Pound Cake

⅔ cup butter
¾ cup sugar
2 eggs
⅔ cup milk
⅔ cup molasses
2⅓ cups flour
¾ teaspoon soda
1 teaspoon cinnamon
½ teaspoon allspice
¼ teaspoon clove
¼ teaspoon mace
½ cup raisins, seeded and cut in pieces
⅓ cup citron, thinly sliced and cut in strips

Cream the butter, add sugar gradually, eggs well beaten, and milk and molasses. Mix and sift flour with soda and spices, and add to first mixture, then add fruit. Bake in small buttered tins from twenty-five to thirty minutes in a moderate oven. This recipe makes twenty-four little cakes.

Lady Baltimore Cake

1 cup butter
2 cups sugar
1 cup milk
3½ cups flour
2 teaspoons baking powder
1 teaspoon vanilla
Whites 6 eggs

Cream butter and add sugar gradually, while beating constantly. Mix and sift baking powder and flour and add alternately with milk to first mixture; then add flavoring and cut and fold in whites of eggs, beaten until stiff and dry. Turn into three buttered and floured seven-inch square tins and bake in a moderate oven. Put layers together with Fruit and Nut Filling and cover top and sides of cake with Ice Cream Frosting.

Fruit and Nut Filling and Ice Cream Frosting

3 cups sugar
1 cup water
¼ teaspoon cream-of-tartar
Whites 3 eggs
½ cup chopped pecan nut meats
3 figs, cut in thin strips
Few grains salt
½ cup raisins seeded and chopped

Put sugar, water, and cream-of-tartar in a smooth graniteware saucepan, bring to the boiling-point and let boil until syrup will spin a thread when dropped from tip of spoon. Pour gradually, while beating constantly, on whites of eggs, beaten until stiff, and continue the beating until mixture is of right consistency to spread. Put one-half of the mixture in a bowl and add raisins, nut meats, figs, and salt. Use fruit mixture between layers and frost top and sides with remaining mixture.

Lord Baltimore Cake

½ cup butter
1 cup sugar
Yolks 8 eggs
½ cup milk
1¾ cups flour
4 teaspoons baking powder
1½ teaspoons vanilla

Cream butter and add gradually, while beating constantly, sugar; then add yolks of eggs, beaten until thick and lemon-colored, milk, flour, mixed and sifted with baking powder, and vanilla. Turn into

three buttered and floured seven-inch square tins and bake in a moderate oven. Put layers together with Lord Baltimore Filling and cover top and side of cake with Ice Cream Frosting; then garnish with halves of candied cherries and diamond-shaped pieces of angelica.

Lord Baltimore Filling. Make an Ice Cream Frosting (see p. 655) of one and one-half cups sugar, one-half cup water, and whites two eggs. When of right consistency to spread, add one-half cup rolled dry macaroons, one-fourth cup, each, chopped pecan nut meats and blanched Jordan almonds, twelve candied cherries, cut in quarters, two teaspoons lemon juice, three teaspoons Sherry wine, and one-fourth teaspoon orange extract.

English Fruit Cake

- 1 lb. butter
- 1 lb. light brown sugar
- 9 eggs
- 1 lb. flour
- 2 teaspoons mace
- 2 teaspoons cinnamon
- 1 teaspoon soda
- 2 tablespoons milk
- 3 lbs. currants
- 2 lbs. raisins, seeded and finely chopped
- ½ lb. almonds, blanched and shredded
- 1 lb. citron, thinly sliced and cut in strips

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs; beat yolks until thick and lemon-colored, whites until stiff and dry, and add to first mixture. Then add milk, fruit, nuts, and flour mixed and sifted with mace, cinnamon, and soda. Put in buttered deep pans, cover with buttered paper, steam three hours, and bake one and one-half hours in a slow oven, or bake four hours in a very slow oven. Rich fruit cake is always more satisfactory when done if part of the cooking is accomplished by steaming.

Wedding Cake I

- 1 lb. butter
- 1 lb. sugar
- 12 eggs
- 1 lb. flour
- 2 teaspoons cinnamon
- Nutmeg, Allspice, Mace — ¼ teaspoon each
- 2 tablespoons lemon juice
- ⅓ teaspoon clove
- 3 lbs. raisins, seeded and cut in pieces
- 1 lb. currants
- 1 lb. citron, thinly sliced and cut in strips
- 1 lb. figs, finely chopped
- ½ cup brandy or ½ cup grape juice

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs, beat yolks until thick and lemon-colored, whites until stiff and dry, and add to first mixture. Add flour (excepting one-third cup, which should be reserved to dredge fruit) mixed and sifted with spices, brandy, and lemon juice. Then add fruit, except citron, dredged with reserved flour. Dredge citron with flour and put in layers between cake mixture when putting in the pan. Bake same as English Fruit Cake.

Wedding Cake II

1 lb. butter
1 lb. brown sugar
12 eggs
1 cup molasses
1 lb. flour
4 teaspoons cinnamon
4 teaspoons allspice
1½ teaspoons mace
1 nutmeg, grated
¼ teaspoon soda
3 lbs. raisins, seeded and cut in pieces
2 lbs. Sultana raisins
1½ lbs. citron, thinly sliced and cut in strips
1 lb. currants
½ preserved lemon rind
½ preserved orange rind
1 cup brandy or 1 cup grape juice
4 squares chocolate, melted
1 tablespoon hot water

Cream the butter, add sugar gradually, and beat thoroughly. Separate yolks from whites of eggs, and beat yolks until thick and lemon-colored. Add to first mixture, then add flour (excepting one-third cup, which should be reserved to dredge fruit), mixed and sifted with spices, fruit dredged with flour, lemon rind and orange rind finely chopped, brandy, chocolate, and whites of eggs beaten until stiff and and dry. Just before putting into pans, add soda dissolved in hot water. Cover pans with buttered paper, and steam four hours. Finish cooking by leaving in a warm oven over night.

Imperial Cake

½ lb. butter
½ lb. sugar
Yolks 5 eggs
Whites 5 eggs
Grated rind ½ lemon
2 teaspoons lemon juice
½ lb. raisins, seeded and cut in pieces
½ cup walnut meat, broken in pieces
½ lb. flour
¼ teaspoon soda

Mix same as Pound Cake, adding raisins dredged with flour, and nuts at the last.

CHAPTER XXXIII

CAKE FILLINGS AND FROSTINGS

Cream Filling

¾ cup sugar
⅓ cup flour
⅛ teaspoon salt
2 eggs
2 cups scalded milk
1 teaspoon vanilla or ½ teaspoon lemon extract

Mix dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook fifteen minutes in double boiler, stirring constantly until mixture thickens, and afterwards occasionally. Cool and flavor.

Chocolate Cream Filling

Put one and one-fourth squares unsweetened chocolate in a saucepan and melt over hot water. Add to Cream Filling, using in making one cup sugar in place of three-fourths cup.

Coffee Cream Filling

Scald milk with two tablespoons ground coffee, strain, and make same as Cream Filling.

Praline Cream

To one cup Cream Filling add two-thirds cup praline powder. For the powder put one-half cup sugar in a small omelet pan and stir constantly until reduced to a syrup and slightly caramelized; then add two-thirds cup chopped nut meats (preferably blanched Jordan almonds or pecans) and a few grains salt. Turn into a slightly buttered pan, cool, pound, and pass through a strainer.

White Mountain Cream Filling

⅞ cup sugar
⅓ cup flour
⅛ teaspoon salt
1½ cups scalded milk
Yolks 2 eggs
½ cup heavy cream
1 teaspoon vanilla

Mix sugar, flour, and salt and when thoroughly blended, pour on scalded milk. Cook in double boiler fifteen minutes, stirring constantly until mixture thickens and afterwards occasionally. Add egg yolks, slightly beaten, and cook for two minutes. Cool, add cream, beaten until stiff, and flavoring.

Caramel Filling

1½ cups scalded milk
Caramel syrup
½ cup sugar
⅓ cup flour
1 egg yolk
½ teaspoon vanilla

Put one-half cup sugar in a graniteware saucepan or omelet pan, place over hot part of range, and stir constantly until melted and of the color of maple syrup. Add one-half of the caramel syrup to scalded milk, and when dissolved, pour on gradually to one-half cup sugar thoroughly mixed with flour. Cook twenty minutes, stirring constantly until mixture thickens and afterwards occasionally. Add beaten egg yolk and vanilla.

Frangipan Cream

⅔ cup powdered sugar
⅓ cup flour
Yolks 3 eggs
1 egg
¼ teaspoon salt
1 cup scalded milk
2 tablespoons butter
2 tablespoons macaroons (dried and rolled)
⅔ teaspoon vanilla
⅓ teaspoon lemon extract

Make a cream filling of first six ingredients; then add butter, macaroons, and extracts.

Butter Scotch Filling

4 tablespoons butter
6 tablespoons flour
¾ cup brown sugar
½ teaspoon salt
2 eggs
2 cups milk
3 tablespoons Caramel Syrup

Cream butter and add flour gradually; then add sugar mixed with egg slightly beaten and salt. Scald milk with three teaspoons caramel syrup and add gradually to mixture. Cook same as Cream Filling. Caramel Syrup is made by caramelizing one-half cup sugar, adding one-third cup boiling water, and letting boil until a thick syrup is formed.

French Cream Filling

¾ cup thick cream
¼ cup milk
¼ cup powdered sugar
White one egg
½ teaspoon vanilla

Dilute cream with milk and beat until stiff, using an egg-beater. Add sugar, white of egg beaten until stiff, and vanilla.

Fruit Cream Filling

¾ cup heavy cream
⅓ cup powdered sugar
Few grains salt
⅓ cup figs
⅓ cup prunes
2 teaspoons lemon juice
3 tablespoons chopped walnut meats

Beat cream until stiff and add sugar, salt, nut meats, figs, and prunes, cut in very small pieces, and lemon juice.

Strawberry Filling

1 cup thick cream
⅓ cup sugar
White 1 egg
½ cup strawberries
½ teaspoon vanilla

Beat cream until stiff, using an egg-beater, add sugar, white of egg beaten until stiff, strawberries mashed, and vanilla.

Syracuse Filling

1 cup heavy cream
½ cup sugar
½ teaspoon granulated gelatine
1 tablespoon cold water
1 tablespoon hot water
6 marshmallows
9 candied cherries
4 macaroons
½ teaspoon vanilla

Beat cream until stiff and add sugar gradually; then add gelatine, soaked in cold water two minutes and dissolved in boiling water. Add marshmallows and cherries, cut in small pieces, macaroons, dried and rolled, and vanilla.

Lemon Filling

1 cup sugar
2½ tablespoons flour
Grated rind 2 lemons
¼ cup lemon juice
1 egg
1 teaspoon butter

Mix sugar and flour, add grated rind, lemon juice, and egg slightly beaten. Put butter in saucepan; when melted, add mixture, and stir constantly until boiling-point is reached. Care must be taken that mixture does not adhere to bottom of saucepan. Cool before spreading.

Orange Filling I

½ cup sugar
2½ tablespoons flour
Grated rind ½ orange
¼ cup orange juice
½ tablespoon lemon juice
1 egg slightly beaten
1 teaspoon butter

Mix ingredients in order given. Cook ten minutes in double boiler, stirring constantly. Cool before spreading.

Orange Filling II

1 tablespoon butter
3 tablespoons powdered sugar
2 tablespoons flour
⅓ cup sugar
Yolk 1 egg
¼ cup orange juice
Grated rind ¼ orange
1 teaspoon lemon juice

Wash butter and work until creamy; then add sugar gradually. Mix flour, sugar, and egg yolk, slightly beaten. Add orange juice and cook over hot water, stirring constantly, until mixture thickens. Combine mixtures and add grated rind and lemon juice. If the orange juice is sour, it is not necessary to add the lemon juice.

Chocolate Filling

2½ squares unsweetened chocolate
1 cup powdered sugar
3 tablespoons milk
Yolk 1 egg
½ teaspoon vanilla

Melt chocolate over hot water, add one-half the sugar, and milk; add remaining sugar, and yolk of egg; then cook in double boiler until thickened, stirring constantly at first, that mixture may be perfectly smooth. Cool slightly, flavor, and spread.

Cocoanut Filling

Whites 2 eggs
Fresh grated cocoanut
Powdered sugar

Beat whites of eggs on a platter with a fork until stiff. Add enough powdered sugar to spread. Spread over cake, sprinkle thickly with cocoanut. Use for layer cake, having filling between and on top.

Lemon Cocoanut Cream

Juice and grated rind 1 lemon
1 cup powdered sugar
Yolks 2 eggs
1 cup shredded cocoanut

Mix lemon juice and rind with sugar and yolks of eggs slightly beaten; cook ten minutes in double boiler, stirring constantly; then

add cocoanut. Cool, and use as a filling for Cornstarch Cake, or any cake made from the whites of eggs.

Fig Filling

½ lb. figs, finely chopped
⅓ cup sugar
⅓ cup boiling water
1 tablespoon lemon juice

Mix ingredients in the order given and cook in double boiler until thick enough to spread. Spread while hot. Figs may be chopped quickly by forcing through a meat chopper.

Marshmallow Paste

¾ cup sugar
¼ cup milk
½ lb. marshmallows
2 tablespoons hot water
½ teaspoon vanilla

Put sugar and milk in a saucepan, heat slowly to boiling-point without stirring, and boil six minutes. Break marshmallows in pieces and melt in double boiler, add hot water, and cook until mixture is smooth, then add hot syrup gradually, stirring constantly. Beat until cool enough to spread, then add vanilla. This may be used for both filling and frosting.

Pistachio Paste

To Marshmallow Paste add a few drops extract of almond, one-third cup pistachio nuts blanched and chopped, and leaf green to color. Use same as Marshmallow Paste.

Confectioners' Frosting

Boiling water, milk or cream
1¼ cups confectioners' sugar
Flavoring

Add to sifted sugar liquid to make of right consistency to spread; then add flavoring. Fresh fruit juice may be used for liquid. A most satisfactory frosting, easily and quickly made. This recipe will frost one loaf or twelve little cakes.

Coffee Confectioners' Frosting

2 tablespoons hot coffee infusion
1 teaspoon butter
½ teaspoon vanilla
Confectioners' sugar

Melt butter in coffee and add vanilla and confectioners' sugar until mixture is of the right consistency to spread. Vanilla may be omitted.

Berkshire Chocolate Frosting

2 squares chocolate — 3 tablespoons boiling water
1 teaspoon butter — Confectioners' sugar
¼ teaspoon vanilla

Melt chocolate in small saucepan placed over hot water. Add butter and boiling water and stir in sugar, gradually, until mixture is of right consistency to spread; then add flavoring.

Portsmouth Frosting

2 tablespoons cream — 2 teaspoons melted butter
Confectioners' sugar — ½ teaspoon vanilla

To cream add sugar until of right consistency to spread; then add butter and vanilla.

Orange Frosting I

Grated rind 1 orange — 1 tablespoon orange juice
½ teaspoon lemon juice — Yolk 1 egg
Confectioners' sugar

Add rind to fruit juices and let stand fifteen minutes. Strain, and add gradually to yolk of egg slightly beaten. Stir in confectioners' sugar until of right consistency to spread.

Orange Frosting II

2 cups sugar — Whites 3 eggs
1 cup water — ¼ teaspoon tartaric acid
¼ cup candied orange peel

Boil sugar and water until syrup will thread when dropped from tip of spoon. Pour gradually, while beating constantly, on whites of eggs, beaten until stiff; then add tartaric acid. Continue the beating, until of right consistency to spread; then add orange peel cut in thin strips.

Plain Frosting

White 1 egg — ½ teaspoon vanilla or
2 teaspoons cold water — ½ tablespoon lemon juice
¾ cup confectioners' sugar

Beat white of egg until stiff; add water and sugar. Beat thoroughly, then add flavoring. Use more sugar if needed. Spread with a broad-bladed knife.

Chocolate Frosting I

1½ squares chocolate — Yolk 1 egg
⅓ cup scalded cream — ½ teaspoon melted butter
Few grains salt — Confectioners' sugar
½ teaspoon vanilla

Melt chocolate over hot water, add cream gradually, salt, yolk of egg, and butter. Stir in confectioners' sugar until of right consistency to spread; then add flavoring.

Chocolate Frosting II

1¾ cups sugar — 4 squares chocolate, melted
¾ cup hot water — ½ teaspoon vanilla

Boil sugar and water, without stirring, until syrup will thread when dropped from tip of spoon. Pour syrup gradually on melted chocolate, and continue beating until of right consistency to spread; then add flavoring.

Chocolate Frosting III

2 squares chocolate — 3 tablespoons hot water
1 teaspoon butter — Confectioners' sugar
¼ teaspoon vanilla

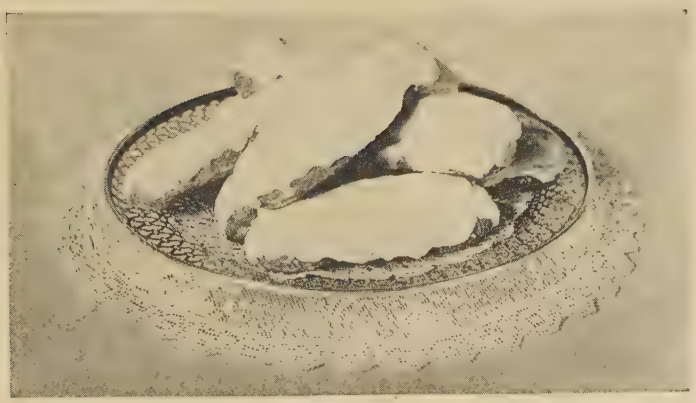
Melt chocolate over boiling water, add butter, and hot water. Cool and add sugar to make of right consistency to spread. Flavor with vanilla.

White Mountain Cream

1 cup sugar — 1 teaspoon vanilla or
⅓ cup boiling water — ½ tablespoon lemon juice
White 1 egg

Put sugar and water in saucepan, stir until sugar is dissolved, and bring to the boiling-point. Beat egg white until stiff and add one tablespoon boiling syrup. Add four more tablespoons syrup, one at a time, continuing the beating. Continue to let syrup boil until it will spin a long thread (four inches) when dropped from tip of spoon; then add to first mixture in a fine stream, beating constantly until of right consistency to spread. Add flavoring and spread. Crease as soon as set. While syrup is boiling keep sugar that adheres to side of saucepan washed off with a small brush dipped in cold water. If not beaten long enough, frosting will run; if beaten too long, it will not be smooth. Frosting beaten too long may be improved by

Ice Cream Cake (*Page 640*) with Nut Caramel Frosting (*Page 656*).



Small Éclairs. — *Page 642.*

MARGUERITES I. — *Page 611.*

ENGLISH ROLLED WAFERS I II. — *Page 612.*

MOCHA CAKES. — *Page 641.*

adding a few drops of lemon juice or boiling water. This frosting is soft inside, and has a glossy surface. If frosting is to be ornamented with nuts or candied cherries, place them on frosting as soon as spread.

Boiled Frosting (Ice Cream Frosting)

1½ cups sugar ½ cup water
½ teaspoon vanilla Whites 2 eggs

Make same as White Mountain Cream. This frosting, on account of the larger quantity of egg, does not stiffen so quickly as White Mountain Cream, therefore is more successfully made by the inexperienced.

Twice-Cooked Frosting

Follow directions for White Mountain Cream or Boiled Frosting. When ready to spread set pan containing mixture in larger pan of boiling water and cook over range until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon until mixture will hold its shape. Pour on cake and spread with back of spoon, leaving a rough surface.

Boiled Chocolate Frosting

To White Mountain Cream or Boiled Frosting add one and one-half squares melted chocolate as soon as syrup is added to whites of eggs.

Brown Frosting

Make same as Boiled Frosting, using brown sugar in place of white sugar.

Nut or Fruit Filling

To White Mountain Cream add chopped walnuts, almonds, figs, dates, or raisins, separately or in combination.

Prune Almond Filling

To White Mountain Cream add one-half cup selected prunes, stoned and cut in pieces, and one-third cup almonds blanched and chopped.

Maple Sugar Frosting

1 lb. soft maple sugar ½ cup boiling water Whites 2 eggs

Break sugar in small pieces, put in saucepan with boiling water, and stir occasionally until sugar is dissolved. Boil without stirring until syrup will thread when dropped from tip of spoon. Pour syrup

gradually on beaten whites, beating mixture constantly, and continue beating until of right consistency to spread.

Cream Maple Sugar Frosting

1 lb. soft maple sugar 1 cup cream

Break sugar in small pieces, put in saucepan with cream, and stir occasionally until sugar is dissolved. Boil without stirring until a ball can be formed when mixture is tried in cold water. Beat until of right consistency to spread.

Milk Frosting

1½ cups sugar 1 teaspoon butter
½ cup milk ½ teaspoon vanilla

Put butter in saucepan; when melted, add sugar and milk. Stir, to be sure that sugar does not adhere to saucepan, heat to boiling-point, and boil without stirring until a soft ball may be formed when tried in cold water. Remove from fire, cool, and beat until of right consistency to spread; then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If too stiff melt over hot water.

Caramel Frosting I

Make same as Milk Frosting, adding one and one-half squares melted chocolate as soon as boiling-point is reached, and flavoring with one-eighth teaspoon cinnamon.

Caramel Frosting II

1⅓ cups sugar ½ cup butter
⅔ cup grated maple sugar ⅔ cup cream

Mix ingredients and boil thirteen minutes. Beat until of right consistency to spread.

Nut Caramel Frosting

1½ cups brown sugar 1 teaspoon vanilla
⅓ cup water ½ cup English walnut
¼ cup white sugar meats, broken in pieces
Whites 2 eggs

Boil sugar and water as for White Mountain Cream. Pour gradually, while beating constantly, on beaten whites of eggs, and con-

tinue the beating until mixture is nearly cool. Set pan containing mixture in pan of boiling water, and cook over range, stirring constantly, until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture will hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

Opera Caramel Frosting

1½ cups brown sugar
¾ cup thin cream
½ tablespoon butter

Boil ingredients together in a smooth granite saucepan until a ball can be formed when mixture is tried in cold water. It takes about forty minutes for boiling. Beat until of right consistency to spread.

Chocolate Fudge Frosting

1½ tablespoons butter
⅓ cup unsweetened powdered cocoa
1¼ cups confectioners' sugar
Few grains salt
¼ cup milk
½ teaspoon vanilla

Melt butter, add cocoa, sugar, salt, and milk. Heat to boiling-point, and boil until a soft ball may be formed when tried in cold water. Remove from fire, cool, and beat until creamy. Add vanilla and pour over cake.

Mocha Frosting I

⅓ cup butter
1½ cups confectioners' sugar
1 tablespoon breakfast cocoa
Coffee infusion

Cream butter, and add sugar gradually, continuing the beating; then add cocoa and coffee infusion, drop by drop, until of right consistency to spread, or force through a pastry bag and tube.

Mocha Frosting II

⅓ cup butter
1 cup confectioners' sugar
1 tablespoon strong, boiled or filtered coffee
¼ cup Jordan almonds

Wash butter and pat until no water flies. Work until creamy, using the hand, and add sugar gradually, while beating constantly. As mixture thickens, add coffee, a few drops at a time, keeping the mixture throughout the entire beating of a creamy consistency. Spread on cake and sprinkle with almonds, blanched, shredded, and baked in a slow oven until delicately browned.

Cocoa Frosting

Make same as Mocha Frosting, using one and one-half tablespoons breakfast cocoa in place of coffee.

Coffee Butter Frosting

½ cup washed or unsalted butter
1½ tablespoons strong coffee infusion
1½ cups confectioners' sugar

Work butter until creamy and add sugar gradually, while stirring constantly, adding during the process the coffee, a few drops at a time.

Chocolate Butter Frosting

2 tablespoons washed or unsalted butter
Confectioners' sugar
1 teaspoon breakfast cocoa
½ tablespoon boiling water
¼ teaspoon vanilla

Work butter until creamy and add sugar gradually, while beating constantly, until mixture is of the right consistency to spread, or force through a pastry bag and tube; then add cocoa, mixed with water and vanilla.

Buttermilk Frosting

Put three-fourths cup buttermilk in a graniteware saucepan, add three-fourths cup sugar, bring to the boiling-point, and let boil until mixture when tried in cold water forms a soft ball. Remove from range and beat until of right consistency to spread.

Fudge Frosting

2 tablespoons butter
1 cup sugar
¼ cup milk
1 square unsweetened chocolate
½ teaspoon vanilla

Put butter in saucepan, and when melted add sugar and milk. Bring to the boiling-point and let boil ten minutes. Add chocolate and let boil five minutes, taking care that chocolate does not adhere to bottom or sides of pan. Remove from range, add vanilla, and beat until of the right consistency to spread.

Fudge Almond Frosting

2 squares unsweetened chocolate
⅛ cup butter
1 cup milk
2 cups sugar
½ teaspoon vanilla
¼ cup Jordan almonds

Melt chocolate over hot water and add butter, bit by bit. Stir until butter is melted and add milk gradually, while beating constantly. Bring to the boiling-point, add sugar, and let boil until mixture will form a very soft ball when tried in cold water; the time required being about twenty minutes. Cool slightly, add vanilla, and beat until of the right consistency to spread; then add almonds, blanched and cut in pieces.

Sultana Nut Frosting

2 cups brown sugar
¾ cup heavy cream
¼ cup sultana raisins
¼ cup English walnut meats

Cook sugar and cream in a graniteware saucepan until a soft ball may be formed when mixture is tried in cold water. Turn on a marble slab or large platter, cool, then work until creamy, using a spatula or large wooden spoon. Add raisins and nut meats, cut in small pieces, and spread on cake.

Caramel Frosting

Caramel syrup
1 cup sugar
1 egg white
½ teaspoon vanilla

To caramel syrup remaining from Caramel Filling (see p. 649) add sugar, bring to boiling-point, and let boil until syrup will spin a thread when dropped from tip of spoon or tines of fork. Pour gradually, while beating constantly, on the beaten white of egg, and continue the beating until mixture is stiff enough to spread; then add flavoring.

Quality Frosting

2 cups sugar
3 tablespoons molasses
½ cup water
Whites 2 eggs
15 drops glycerine
Few grains salt
⅔ teaspoon vanilla
⅓ teaspoon lemon extract
1 cup chopped filberts

Put sugar, molasses, and water in saucepan, place on range, and stir until sugar has dissolved. Bring to the boiling-point and let boil until mixture nearly holds its shape when tried in cold water. Pour syrup slowly, while beating constantly, on whites of eggs, beaten until stiff, and continue the beating until mixture is nearly stiff enough to spread. Set saucepan containing mixture in larger saucepan containing a small quantity of boiling water and cook on range, stirring constantly from bottom and sides of pan until mixture begins to

granulate around sides. Remove saucepan containing frosting, add glycerine, and beat until of the consistency to spread; then add remaining ingredients. Pour over cake and spread with back of spoon, leaving a rough surface.

Cocoanut Coffee Frosting

1 cup sugar
½ cup brown sugar
½ cup coffee infusion
Whites 2 eggs
½ cup desiccated cocoanut
½ teaspoon vanilla
Few grains salt

Put sugar and coffee into a saucepan, place on range, bring to the boiling-point, and let boil until syrup will spin a thread when dropped from tip of spoon. Pour gradually, while beating constantly, on whites of eggs, beaten until stiff, and beat until cool. Set saucepan containing mixture in larger saucepan of boiling water placed on range and cook until mixture becomes slightly granular around sides of pan. Remove from pan of boiling water and beat, using spoon, until mixture will hold its shape. Then add cocoanut, vanilla, and salt. Pour on cake and spread with back of spoon, leaving a rough surface.

Oscar's Frosting

1 tablespoon glucose
½ cup boiling water (scant)
Confectioners' sugar
¼ teaspoon maraschino

Put glucose in saucepan, add boiling water, and one-half cup sugar. Stir until well blended; then add one-half cup sugar, and so continue until about six cups of sugar have been used, beating vigorously between the additions. Flavor with maraschino. During the making of this uncooked frosting, the saucepan should be frequently placed in a larger saucepan of boiling water, that mixture may be kept at a uniform lukewarm temperature. To keep the frosting smooth and creamy, the sugar must not be added at too short intervals.

Fondant Icing

The mixture in which small cakes are dipped for icing is fondant the recipe for which may be found in chapter on Confections. Cakes for dipping must first be glazed.

To Glaze Cakes. Beat white of one egg slightly, and add one tablespoon powdered sugar. Apply with a brush to top and sides of cakes. After glazing, cakes should stand over night before dipping.

To Dip Cakes. Melt fondant over hot water, and color and flavor as desired. Stir, to prevent crust from forming on top. Take cake to be dipped on a three-tined fork and lower in fondant three-fourths the depth of cake. Remove from fondant, invert, and slip from fork to a board. Decorate with ornamental frosting and nut meat, candied cherries, angelica, or candied violets. For small ornamented cakes, pound-cake mixture is baked a little more than one inch thick in shallow pans, and when cool cut in squares, diamonds, triangles, circles, crescents, etc.

Marshmallow Frosting

Melt one cup white fondant; add the white of one egg beaten until stiff, and stir over the fire two minutes. Remove from range, and beat until of right consistency to spread. Flavor with one-fourth teaspoon water white vanilla. This is a most delicious frosting for chocolate cake, but will never spread perfectly smooth.

Ornamental Frosting I

2 cups sugar — Whites 3 eggs
1 cup water — ¼ teaspoon tartaric acid

Boil sugar and water until syrup when dropped from tip of spoon forms a long thread. Pour syrup gradually on beaten whites of eggs, beating constantly; then add acid and continue beating. When stiff enough to spread, put a thin coating over cake. Beat remaining frosting until cold and stiff enough to keep in shape after being forced through a pastry tube. After first coating on cake has hardened, cover with a thicker layer, and crease for cutting. If frosting is too stiff to spread smoothly, thin with a few drops of water. With a pastry bag and variety of tubes, cake may be ornamented as desired.

Ornamental Frosting II

Whites 3 eggs — 1 tablespoon lemon juice
Confectioners' sugar, sifted

Put eggs in a large bowl, add two tablespoons sugar, and beat three minutes, using a perforated wooden spoon. Repeat until one and one-half cups sugar are used. Add lemon juice gradually, as mixture thickens. Continue adding sugar by spoonfuls, and beating until frosting is stiff enough to spread. This may be determined by taking up some of mixture on back of spoon, and with a case knife making a

cut through mixture; if knife makes a clean cut and frosting remains parted, it is of right consistency. Spread cake thinly with frosting; when this has hardened, put on a thicker layer, having mixture somewhat stiffer than first coating, and then crease for cutting. To remaining frosting add enough more sugar, that frosting may keep in shape after being forced through a pastry bag and tube.

With a pastry bag and variety of tubes, cake may be ornamented as desired.

Ornamental Frosting III

Whites 3 eggs Confectioners' sugar
¼ teaspoon cream-of-tartar

Put egg whites in large bowl with one-half cup sugar (which has been sifted) and beat vigorously ten minutes; then add another half cup sugar, and beat. Add cream-of-tartar and continue adding sugar and beating until mixture will hold its shape when forced through a bag and tube.

CHAPTER XXXIV

FANCY CAKES AND CONFECTIONS

ALMOND paste for making macaroons and small fancy cakes may be bought of dealers who keep confectioners' supplies, although sometimes a resident baker or confectioner will sell a small quantity. During the cold weather it will keep after being opened for a long time.

Macaroons

½ lb. almond paste Whites 3 eggs
⅜ lb. powdered sugar

Work together almond paste and sugar on a smooth board or marble slab. Then add whites of eggs gradually, and work until mixture is perfectly smooth. Confectioners at first use the hand, afterwards a palette knife, which is not only of use for mixing but for keeping board clean. Shape, using a pastry bag and tube, on a tin sheet covered with buttered paper, one-half inch apart; or drop mixture from tip of spoon in small piles. Macaroon mixture is stiff enough to hold its shape, but in baking spreads. Bake fifteen to twenty minutes in a slow oven. If liked soft, they should be slightly baked. After removing from oven, invert paper, and wet with a cloth wrung out of cold water, when macaroons will easily slip off.

Almond Macaroons

Sprinkle Macaroons, before baking, with almonds blanched and shredded, or chopped.

Jelly Macaroons

½ pound almond paste ½ pound powdered sugar
Whites 3 eggs Jelly
Confectioners' Frosting

Break paste in pieces, add white of one egg, and work with a spatula until well blended; then add sugar and gradually work in remaining whites of eggs. Have ready a tin sheet covered with buttered paper

on which is placed, at two and one-half inch intervals, circular pieces of rice paper, one-half inch in diameter. Force mixture, using a pastry bag and small lady finger tube, around pieces of rice paper. Bake fifteen minutes in a slow oven. Remove from paper and fill centres with a small piece of jelly.

Cover jelly with Confectioners' Frosting, colored red, pink, or green.

Crescents

½ lb. almond paste
2 ozs. confectioners' sugar
Almonds, blanched and finely chopped
White 1 small egg

Mix same as Macaroons. Shape mixture, which is quite soft, in a long roll. Cut pieces from roll three-fourths inch long. Roll each separately in chopped nuts, at the same time shaping to form a crescent. Bake twenty minutes on a buttered tin sheet in a slow oven. Cool, and frost with Confectioners' Frosting, made thin enough to apply with a brush, and flavored with lemon juice until quite acid. Other nuts may be used in place of almonds.

Cinnamon Bars

10 ozs. almond paste
5 ozs. confectioners' sugar
White 1 egg
½ teaspoon cinnamon

Mix same as Macaroons. Dredge a board with sugar, knead mixture slightly, and shape in a long roll. Pat, and roll one-fourth inch thick, using a rolling-pin. After rolling, the piece should be four inches wide. Spread with frosting made of white of one egg and two-thirds cup confectioners' sugar beaten together until stiff enough to spread. Cut in strips four inches long by three-fourths inch wide. This must be quickly done, as a crust soon forms over frosting. To accomplish this, use two knives, one placed through mixture where dividing line is to be made, and the other used to make a clean sharp cut on both sides of first knife. Knives should be kept clean by wiping on a damp cloth. Remove strips as soon as cut to a tin sheet, greased with lard, and then floured. Bake twenty minutes on centre grate in a slow oven.

Horseshoes

Use Cinnamon Bar mixture. Cover with frosting colored with fruit red. Cut in strips six inches long by one-half inch wide. As soon as cut, shape quickly, at the same time carefully, in form of

horseshoes. Bake same as Cinnamon Bars. When cool, make eight dots with chocolate frosting to represent nails.

Cocoanut Cakes I

½ lb. fresh grated cocoanut — 6 ozs. sugar and glucose, using one mixing-spoon glucose
Whites 1½ eggs

Cook cocoanut, sugar, and glucose in double boiler until mixture clings to spoon, add whites of eggs, stir vigorously, and cook until mixture feels sticky when tried between the fingers. Spread in a wet pan, cover with wet paper, and chill on ice. Shape in small balls, first dipping hands in cold water. Bake twenty minutes in a slow oven on a tin sheet greased with white wax.

Cocoanut Cakes II

1 lb. fresh grated cocoanut — ¾ lb. sugar
Whites 2 eggs

Cook, shape, and bake same as Cocoanut Cakes I.

Stuffed Dates I

Make a cut the entire length of dates and remove stones. Fill cavities with castanea nuts, or English walnuts, and shape in original form. Roll in granulated sugar. Pile in rows on a small plate covered with a doily.

Stuffed Dates II

Remove stones from dates and fill cavities with Cream Cheese or Canton Ginger.

Salted Almonds I

Blanch one-fourth pound Jordan almonds and dry on a towel. Put one-third cup olive oil in a very small saucepan. When hot, put in one-fourth of the almonds and fry until delicately browned, stirring to keep almonds constantly in motion. Remove with a spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fried. It may be necessary to remove some of the salt by wiping nuts with a napkin.

To Blanch Almonds. Cover Jordan almonds with boiling water and let stand two minutes; drain, put into cold water, and rub off the skins. Dry between towels.

Salted Almonds II

Prepare almonds as for Salted Almonds I. Fry in one-third cup fat, using half lard and half clarified butter or all cocoanut butter. Drain, and sprinkle with salt.

Salted Peanuts

In buying peanuts for salting, get those which have not been roasted. Remove skins and fry same as Salted Almonds I or II.

Salted Pecans

Shelled pecans may be bought by the pound, which is much the best way when used for salting, as it is difficult to remove the nut meat without breaking. Fry same as salted Almonds I or II. Care must be taken that they do not remain in fat too long; having a dark skin, color does not determine when they are sufficiently cooked.

Devilled Almonds

2 ozs. blanched and shredded almonds
Butter
1 tablespoon Chutney
2 tablespoons chopped pickles
1 tablespoon Worcestershire Sauce
½ teaspoon salt
Few grains cayenne

Fry almonds until well browned, using enough butter to prevent almonds from burning. Mix remaining ingredients, pour over nuts, and serve as soon as thoroughly heated.

Salted Filberts

Put one cup filberts in saucepan, cover with boiling water, and let stand on range six minutes. Drain and remove skins, which may be best accomplished by the use of a small vegetable knife. Put one-third cup olive oil in omelet pan, and when hot put in one-third of the nuts and fry until delicately browned, stirring constantly. Remove to pan lined with soft paper, taking up as little oil as possible, and sprinkle with salt; repeat until all are fried.

Stuffed Prunes

Remove stones from prunes and dates. Fill cavities made in prunes with prepared dates, shape in original form, and roll in sugar.

Devilled Raisins

Remove stems from large selected raisins and cook in hot olive oil until plump. Drain on brown paper and sprinkle with salt and paprika.

Steamed Figs

Steam bag figs until soft. Cool and make in each an incision lengthwise. Stuff with one-half marshmallow and an English walnut meat broken in pieces. Close, press into shape, and serve in paper cases.

Knickerbocker Figs

Stuff one-half pound washed figs with maraschino cherries, cut in halves, and pecan nut meats, broken in pieces, allowing two cherries and five nut meats to each fig. Put two tablespoons sugar, one teaspoon lemon juice, and one-half cup Sherry wine in saucepan. Add figs, cover, and let simmer until figs are soft, turning and basting several times during the cooking. Drain, cool, and serve in individual paper cases.

Parisian Sweets

1 lb. figs	1 lb. English walnut meat
1 lb. dates	Confectioners' sugar

Pick over and remove stems from figs and stones from dates. Mix fruit with walnut meat, and force through a meat-chopper. Work, using the hands, on a board dredged with confectioners' sugar, until well blended. Roll to one-fourth-inch thickness, using confectioners' sugar for dredging board and pin. Shape with a small round cutter, first dipped in sugar, or cut with a sharp knife in three-fourths-inch squares. Roll each piece in confectioners' sugar, and shake to remove superfluous sugar. Pack in layers in a tin box, putting paper between each layer. These confections may be used at dinner in place of bonbons or ginger chips. A combination of nut meat (walnut, almond, and filbert) may be used in equal proportions.

Sugared Popped Corn

2 quarts popped corn	2 cups brown sugar
2 tablespoons butter	½ cup water

Put butter in saucepan, and when melted add sugar and water. Bring to boiling-point, and let boil sixteen minutes. Pour over corn, and stir until every kernel is well coated with sugar.

Corn Balls

5 quarts popped corn
2 cups sugar
1½ cups water
½ cup white corn syrup
½ teaspoon, each, salt and vinegar
1 tablespoon vanilla

Boil sugar, water, and corn syrup without stirring until thermometer registers 260° F.; then add remaining ingredients and let boil to 264° F. Have corn in a large pan, and pour on gradually the syrup, using a spoon all of the time to turn corn that it may be evenly coated. Make into balls, and let stand in a cold place until brittle.

Molasses Corn Balls

3 quarts popped corn
1 cup molasses
½ cup sugar
1 tablespoon butter
½ teaspoon salt

Pop corn and pick over (discarding kernels that do not pop) and put in large kettle. Melt butter in saucepan and add molasses and sugar. Bring to the boiling-point and let boil until mixture will become brittle when tried in cold water. Pour mixture gradually while stirring constantly over corn which has been sprinkled with salt. Shape into balls, using as little pressure as possible.

Molasses Candy

2 cups Porto Rico molasses
⅔ cup sugar
3 tablespoons butter
1 tablespoon vinegar

An iron kettle with a rounding bottom (Scotch kettle) or copper kettle is best for candy making. If one has no copper kettle, a granite kettle is best for sugar candies.

Put butter in kettle, place over fire, and when melted, add molasses and sugar. Stir until sugar is dissolved. During the first of the boiling stirring is unnecessary, but when nearly cooked, it should be constantly stirred. Boil until, when tried in cold water, mixture will become brittle. Add vinegar just before taking from fire. Pour into a well buttered pan. When cool enough to handle, pull until porous and light-colored, allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hand. Cut in small pieces, using large shears, or a sharp knife, and then arrange on slightly buttered plates to cool.

Stretched Molasses Candy

½ cup butter
2 cups sugar
1 cup molasses
1½ cups boiling water

Put butter in Scotch kettle or saucepan, and when melted add sugar, molasses, and water. Bring to the boiling-point and let boil, without stirring, until mixture will form a very soft ball that will just keep in shape when tried in cold water. Turn into a buttered dripping pan, and as mixture cools around sides, fold towards centre. When cool enough to handle, pull until porous and light-colored, allowing candy to come in contact with tips of fingers and thumbs, not to be squeezed in the hand.

Cut in small pieces, using large shears or a sharp knife, and arrange on slightly buttered plates to cool. A few drops oil of peppermint, clove, or cinnamon may be added during the stretching.

Velvet Molasses Candy

1 cup molasses
3 cups sugar
1 cup boiling water
3 tablespoons vinegar
½ teaspoon cream-of-tartar
½ cup melted butter
¼ teaspoon soda

Put first four ingredients in kettle placed over front of range. As soon as boiling-point is reached, add cream-of-tartar. Boil until, when tried in cold water, mixture will become brittle. Stir constantly during last part of cooking. When nearly done, add butter and soda. Pour into a buttered pan and pull same as Molasses Candy. While pulling, add one teaspoon vanilla, one-half teaspoon lemon extract, few drops oil of peppermint, or few drops oil of wintergreen.

Buttercups

2 cups molasses
1 cup sugar
½ cup boiling water
2 tablespoons butter
⅓ teaspoon cream-of-tartar
Fondant flavored with vanilla

Boil ingredients (except fondant) until, when tried in cold water, a firm ball may be formed in the fingers, not stirring until the last few minutes of cooking. Pour on a buttered platter, and when cool enough to handle, pull until light-colored. Shape on a floured board, having strip wide enough to enclose a roll of fondant one inch in diameter. Place fondant on candy, bring edges of candy together, and press firmly over fondant. With both hands pull candy into a long

strip. Cut in small pieces; each piece will consist of fondant encircled with molasses candy. Care must be taken that candy is not cooked too long, as it should be soft rather than brittle.

Peanut Candy

3 tablespoons butter — ⅔ cup sugar
2 cups molasses — 1 quart peanuts
½ teaspoon salt

Melt butter, add molasses and sugar, bring to the boiling-point, and let boil until mixture becomes brittle when tried in cold water. Stir in peanuts (shelled, skinned, separated in halves, and sprinkled with salt). Turn into a buttered pan, cool slightly, and mark in squares.

Walnut Molasses Squares

2 tablespoons butter — ½ cup sugar
1 cup molasses — ½ cup English walnut meats
Few grains salt

Put butter in saucepan and when melted add molasses and sugar. Stir until sugar is dissolved, bring to the boiling-point, and let boil until mixture is brittle when tried in cold water. During the first of the boiling stirring is unnecessary, but when nearly cooked it should be stirred constantly. Add walnut meats, cut in pieces, and sprinkled with salt. Turn into a buttered seven-inch square pan, cool slightly, and mark in squares, using a sharp knife.

Vinegar Candy

2 cups sugar — ½ cup vinegar
2 tablespoons butter

Put butter into kettle; when melted, add sugar and vinegar. Stir until sugar is dissolved, afterwards occasionally. Boil until, when tried in cold water, mixture will become brittle. Turn on a buttered platter to cool. Pull, and cut same as Molasses Candy.

Ice Cream Candy

3 cups sugar — ½ cup boiling water
¼ teaspoon cream-of-tartar — ½ tablespoon vinegar

Boil ingredients together without stirring, until, when tried in cold water, mixture will become brittle. Turn on a well buttered platter to cool. As edges cool, fold towards centre. As soon as it can be

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Dipped Walnuts. — *Page 683.*

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handled, pull until white and glossy. While pulling, flavor as desired, using vanilla, orange extract, coffee extract, oil of sassafras, or melted chocolate. Cut in sticks or small pieces.

Butter Taffy I

2 cups light brown sugar
¼ cup molasses
2 tablespoons vinegar
2 tablespoons water
⅞ teaspoon salt
¼ cup butter
2 teaspoons vanilla

Boil first five ingredients until, when tried in cold water, mixture will become brittle. When nearly done, add butter, and just before turning into pan, vanilla. Cool, and mark in squares.

Butter Taffy II

2 cups sugar
¾ cup butter
1 cup water

Melt butter in saucepan and add sugar and water. Bring to the boiling-point and let boil, without stirring, until mixture becomes brittle when tried in cold water. Turn into a buttered pan, cool slightly, and mark in squares.

Butter Scotch I

1 cup sugar
¼ cup molasses
1 tablespoon vinegar
2 tablespoons boiling water
½ cup butter

Boil ingredients together until, when tried in cold water, mixture will become brittle. Turn into a well buttered pan; when slightly cool, mark with a sharp-pointed knife in squares. This candy is much improved by cooking a small piece of vanilla bean with other ingredients.

Butter Scotch II

2 cups brown sugar
2 teaspoons vinegar
1 cup butter
1 cup water
½ tablespoon vanilla

Put ingredients in a smooth graniteware saucepan, bring to the boiling-point, and let boil, without stirring, until mixture becomes brittle when tried in cold water. Pour into a buttered pan to one-third inch in thickness. cool slightly, and mark in squares.

Horehound Candy

¾ square inch pressed horehound
2 cups boiling water
3 cups sugar
½ teaspoon cream-of-tartar

Pour boiling water over horehound which has been separated in pieces; let stand one minute, then strain through double cheesecloth. Put into a granite kettle with remaining ingredients, and boil until, when tried in cold water, mixture will become brittle. Turn into a buttered pan, cool slightly, then mark in small squares.

Chocolate Caramels

2½ tablespoons butter
2 cups molasses
1 cup brown sugar
½ cup milk
3 squares unsweetened chocolate
1 teaspoon vanilla

Put butter into kettle; when melted, add molasses, sugar, and milk. Stir until sugar is dissolved, and when boiling-point is reached, add chocolate, stirring constantly until chocolate is melted. Boil until, when tried in cold water, a firm ball may be formed in the fingers. Add vanilla just after taking from fire. Turn into a buttered pan, cool, and mark in small squares.

Nut Chocolate Caramels I

To Chocolate Caramels add the meat from one pound English walnuts broken in pieces, or one-half pound almonds blanched and chopped.

Rich Chocolate Caramels

2 tablespoons butter
½ cup milk
½ cup sugar
2 teaspoons vanilla
1 cup molasses
4 squares chocolate
1 cup walnut meats, broken in pieces

Put butter in saucepan and when melted add milk, sugar, and molasses. When boiling-point is reached add chocolate, and cook until brittle when tried in cold water, stirring occasionally to prevent mixture from adhering to pan. Remove from fire, beat three minutes, add nut meats and vanilla, and turn into a buttered pan. When cold cut in squares and wrap in paraffine paper.

Chapin Chocolate Caramels

3 tablespoons butter
¾ cup cream
1 cup sugar
1 cup molasses
4 squares unsweetened chocolate
½ teaspoon vanilla

Melt butter in a Scotch kettle and add cream, sugar, and molasses. Bring to the boiling-point and add chocolate, balancing it on a large wooden spoon, that it may melt gradually with no danger of its burning on the kettle. Continue the boiling, stirring occasionally, until a firm ball may be formed when mixture is tried in cold water. Add vanilla and turn into a buttered pan, having the mixture three-fourths inch in depth. When nearly cold, cut in cubes, using scissors or a sharp knife. Wrap in squares of paraffine paper and let stand in a cold place to harden.

Nut Chocolate Caramels II

To Chapin Chocolate Caramels add one cup blanched and chopped almonds or chopped English walnut meats, just after taking from fire.

Smith College Caramels

2½ tablespoons butter
2 cups brown sugar
2 tablespoons molasses
½ cup milk
4 squares unsweetened chocolate
1 teaspoon vanilla

Put butter in saucepan and when melted add sugar, molasses, and milk. Bring to the boiling-point, add chocolate, and stir constantly until chocolate is melted. Let boil until mixture when tried in cold water will form a firm ball. Add vanilla, turn into a buttered tin, cool slightly, and cut in squares.

Stretched Chocolate Caramels

2 cups sugar
½ cup boiling water
⅛ teaspoon cream-of-tartar
½ teaspoon glycerine
1½ squares unsweetened chocolate
2 tablespoons heavy cream

Put first four ingredients in saucepan, bring to the boiling-point and let boil, without stirring, until mixture will become brittle when tried in cold water. When nearly cooked, add cream and chocolate. Turn on a buttered platter, and as edges cool, fold towards centre. As soon as cool enough to handle, pull until glossy, and cut in small pieces, using a knife or scissors. Put in paraffine paper or on slightly buttered plate.

Peanut Nougat

1 lb. sugar
1 quart peanuts

Shell, remove skins, and finely chop peanuts. Sprinkle with one-

fourth teaspoon salt. Put sugar in an iron frying pan, place on range, and stir constantly until melted to a syrup, taking care to keep sugar from sides of pan. Add nut meat, pour at once into a warm buttered tin, and mark in small squares. If sugar is not removed from range as soon as melted, it will quickly caramelize.

Nut Bar

Cover the bottom of a buttered shallow pan with one and one-third cups nut meat (castaneas, English walnuts, or almonds) cut in quarters. Pour over one pound sugar, melted as for Peanut Nougat. Mark in bars.

French Nougat

½ lb. confectioners' sugar
Confectioners' chocolate
¼ lb. almonds, blanched and finely chopped

Put sugar in a saucepan, place on range, and stir constantly until melted; add almonds, and pour on an oiled marble. Fold mixture as it spreads with a broad-bladed knife, keeping it constantly in motion. Divide in four parts, and as soon as cool enough to handle shape in long rolls about one-third inch in diameter, keeping rolls in motion until almost cold. When cold, snap in pieces one and one-half inches long. This is done by holding roll at point to be snapped over the sharp edge of a broad-bladed knife and snapping. Melt confectioners' chocolate over hot water, beat with a fork until light and smooth, and when slightly cooled dip pieces in chocolate, and with a two-tined fork or bonbon dipper remove from chocolate to oiled paper, drawing dipper through top of each the entire length, thus leaving a ridge. Chocolate best adapted for dipping bonbons and confections must be bought where confectioners' supplies are kept.

Nougatine Drops

Drop French Nougat mixture from the tip of a spoon on an oiled marble very soon after taking from fire. These drops have a rough surface. When cold, dip in melted confectioners' chocolate.

Wintergreen Wafers

1 oz. gum tragacanth
1 cup cold water
Confectioners' sugar
Oil of wintergreen

Soak gum tragacanth in water twenty-four hours and rub through a fine wire sieve; add enough confectioners' sugar to knead. Flavor

with a few drops of oil of wintergreen. If liked pink, color with fruit red. Roll until very thin on a board or marble dredged with sugar. Shape with a small round cutter or cut in three-fourths-inch squares. Spread wafers, cover, and let stand until dry and brittle. This mixture may be flavored with oil of lemon, clove, sassafras, etc., and colored as desired.

Cocoanut Cream Candy

1½ cups sugar
½ cup milk
2 teaspoons butter
⅓ cup shredded cocoanut
½ teaspoon vanilla

Put butter into granite saucepan; when melted, add sugar and milk, and stir until sugar is dissolved. Heat to boiling-point, and boil twelve minutes; remove from fire, add cocoanut and vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. One-half cup nut meat, broken in pieces, may be used in place of cocoanut.

Chocolate Cream Candy

2 cups sugar
⅔ cup milk
1 tablespoon butter
2 squares unsweetened chocolate
1 teaspoon vanilla

Put butter into granite saucepan; when melted, add sugar and milk. Heat to boiling-point; then add chocolate, and stir constantly until chocolate is melted. Boil thirteen minutes, remove from fire, add vanilla, and beat until creamy and mixture begins to sugar slightly around edge of saucepan. Pour at once into a buttered pan, cool slightly, and mark in squares. Omit vanilla, if desired, and add, while cooking, one-fourth teaspoon cinnamon.

Maple Sugar Candy

1 lb. soft maple sugar
¾ cup thin cream
¼ cup boiling water
⅔ cup English walnut or pecan meat, cut in pieces

Break sugar in pieces; put into a saucepan with cream and water. Bring to boiling-point, and boil until a soft ball is formed when tried in cold water. Remove from fire, beat until creamy, add nut meat, and pour into a buttered tin. Cool slightly, and mark in squares.

Vanilla Opera Caramels

1 pound confectioners' sugar
½ cup butter
⅔ cup milk
1 teaspoon vanilla

Melt butter in saucepan, add sugar and milk, bring to the boiling-point, and let boil until mixture, when tried in cold water, will form a soft ball. Remove from range, add vanilla, and beat until creamy. Turn into a buttered pan, cool slightly, and cut in squares.

Chocolate Opera Caramels

To Vanilla Opera Caramels add two squares unsweetened chocolate after the boiling-point is reached.

Nut Opera Caramels

To Vanilla Opera Caramels add one cup chopped English walnut meats as soon as mixture is removed from range.

Raisin Opera Caramels

2 cups light brown sugar
⅞ cup thin cream
½ cup raisins

Put sugar and cream in saucepan, bring to the boiling-point, and let boil until a soft ball may be formed when mixture is tried in cold water. Turn on a marble slab or into a large platter, cool slightly, and work with a wooden spatula or large wooden spoon until creamy. Add raisins, seeded and cut in pieces, and spread evenly in a buttered pan, using the hands, having mixture three-fourths inch in depth. Cool and cut in cubes, using a small knife.

Sultana Caramels

2 cups sugar
½ cup milk
¼ cup molasses
¼ cup butter
2 squares chocolate
1 teaspoon vanilla
½ cup English walnut or hickory nut meat, cut in pieces
2 tablespoons Sultana raisins

Put butter into a saucepan; when melted, add sugar, milk, and molasses. Heat to boiling-point, and boil seven minutes. Add chocolate, and stir until chocolate is melted; then boil seven minutes longer. Remove from fire, beat until creamy, add nuts, raisins, and vanilla, and pour at once into a buttered tin. Cool slightly, and mark in squares. The nut meats and raisins may be omitted.

Pralines

1⅞ cups powdered sugar
1 cup maple syrup
2 cups hickory nut or pecan meat, cut in pieces
½ cup cream

Boil first three ingredients until, when tried in cold water, a soft ball may be formed. Remove from fire, and beat until of a creamy consistency; add nuts, and drop from tip of spoon in small piles on buttered paper, or mixture may be poured into a buttered tin and cut in squares, using a sharp knife.

Peanut Penuche

1 tablespoon butter
2 cups brown sugar
¼ teaspoon salt
⅓ cup milk or cream
¾ cup chopped peanuts
1 teaspoon vanilla

Melt butter in saucepan and add sugar and milk or cream. Bring to the boiling-point and let boil until mixture will form a soft ball when tried in cold water. Remove from range, beat until creamy, and add nut meats sprinkled with salt.

Turn into a buttered pan, cool slightly, and cut in squares, using a sharp knife. Walnuts or shredded cocoanut may be used in place of peanuts. If cocoanut is used, add one-half teaspoon vanilla.

Mexican Penuche

2 tablespoons butter
2 cups brown sugar
½ cup thin cream
1 cup chopped walnut meats
½ pound figs cut in pieces

Make same as Peanut Penuche.

Fudge

3 cups sugar
¾ cup top milk
2½ squares unsweetened chocolate

Put sugar, chocolate cut in small pieces, and milk in saucepan, and stir constantly until chocolate is melted. Bring to the boiling-point and let boil until mixture will form a jelly-like mass when tried in cold water. Pour on a marble slab and work with a spatula until of consistency to knead; then knead, using the hands, until creamy. Put in a slightly buttered pan and press evenly, using the back of the hand. Cool slightly and cut in squares. Fudge made in this way is always more creamy than when beaten.

Peanut Butter Fudge

2 cups sugar
⅔ cup milk
4 tablespoons peanut butter
1 teaspoon vanilla
Few grains salt

Put sugar and milk in saucepan, bring to the boiling-point, and let boil until a soft ball may be formed when mixture is tried in cold water. Remove from range, add remaining ingredients, and beat until creamy. Turn into a buttered pan to three-fourths inch in depth, cool slightly, and cut in squares, using a sharp-pointed knife.

Chocolate Marshmallow Fudge

2 cups sugar
1 cup top milk
2 squares unsweetened chocolate
3 tablespoons butter
1 teaspoon vanilla
10 marshmallows

Put sugar, milk, and chocolate in saucepan. Heat gradually to the boiling-point and let boil until mixture will form a soft ball when tried in cold water. Remove from range, add butter, and as soon as butter is melted, beat until creamy. Add vanilla and fold in marshmallows, cut in quarters. Turn into a buttered pan, cool, and cut in cubes.

Double Decker

Part I

1 cup brown sugar
½ cup milk
1 cup chopped walnut meats
Few grains salt

Put sugar and milk in saucepan, bring to the boiling-point, and let boil rapidly, until mixture will form a soft ball when tried in cold water. Remove from range, add nut meats and salt, turn into a buttered tin, and cool.

Part II

1 cup white sugar
¼ cup milk
½ square chocolate

Put sugar and milk in saucepan, and bring to the boiling-point. Add chocolate and stir until chocolate is melted. Then boil until mixture will form a soft ball when tried in cold water. Remove from range and beat until creamy. Pour over Part I, and cool and cut in squares.

Peppermints

1½ cups sugar
½ cup boiling water
6 drops oil peppermint

Put sugar and water into a granite saucepan and stir until sugar is dissolved. Boil ten minutes; remove from fire, add peppermint, and beat until of right consistency. Drop from tip of spoon on slightly buttered paper.

After Dinner Mints

3 cups sugar
¼ teaspoon cream-of-tartar
½ cup boiling water
½ tablespoon vinegar
2 drops oil of peppermint

Put ingredients, except peppermint, in saucepan, bring to the boiling-point and let boil, without stirring, until mixture will become brittle when tried in cold water. Pour on a buttered large platter. As soon as edges cool, fold towards centre, and as soon as mixture can be handled, pull until white, adding the peppermint during the process. Cut in small pieces (using scissors) into a bowl containing powdered sugar. Stir until coated with sugar and put into a glass jar. Cover and let stand from ten to twelve days.

Turkish Delight

1 ounce gelatine
½ cup cold water
1 pound granulated sugar
½ cup boiling water
Grated rind 1 orange
Juice 1 orange
Juice 1 lemon
1 tablespoon rum
Red coloring
½ cup chopped nut meats

Break gelatine in pieces, add cold water, cover, and let soak two hours. Put sugar and boiling water in saucepan, bring to the boiling-point, add gelatine, and let simmer twenty minutes. Add flavorings and coloring, strain, add nut meats, and turn into a bread pan (first rinsed with cold water) to one inch in depth. Let stand until cold, remove to board, cut in cubes, and roll in confectioners' sugar. The rum and nut meats may be omitted.

Turkish Mint Paste

3 tablespoons granulated gelatine
½ cup cold water
2 cups sugar
½ cup cold water
2 tablespoons lemon juice
4 tablespoons Crême de Menthe
Few grains salt
Green coloring

Soak gelatine in water twenty minutes. Put sugar and water in saucepan, bring to the boiling-point, add gelatine, and let simmer

twenty minutes. Remove from fire, add remaining ingredients, and color green. Turn into a pan (first rinsed in cold water) to one inch in thickness. Cool, remove to board, cut in cubes, and roll in confectioners' sugar.

Creamed Walnuts (uncooked mixture)

White 1 egg
½ tablespoon cold water
¾ teaspoon vanilla
1 lb. confectioners' sugar
English walnuts

Put egg, water, and vanilla in a bowl, and beat until well blended. Add sugar gradually until stiff enough to knead. Shape in balls, flatten, and place halves of walnuts opposite each other in each piece. Sometimes all the sugar will not be required.

Chocolate Cream Peppermints (uncooked mixture)

2 tablespoons hot top milk
1½ cups confectioners' sugar
½ tablespoon melted butter
3 drops oil of peppermint
Dipping chocolate

Add sugar, gradually, to milk; then add butter and peppermint. Work until creamy, using the hands. Shape in balls, flatten, dip in melted dipping chocolate, using a three-tined fork, and remove to paraffine paper.

BOILED SUGAR FOR CONFECTIONS

Eleven tests are considered for boiling sugar: —

Small thread,	215° F	The feather,	232°
Large thread,	217°	Soft ball,	238°
Pearl,	220°	Hard ball,	248°
Large pearl,	222°	Small crack,	290°
The blow,	230°	Crack,	310°

Caramel, 350°

Fondant, the basis of all French candy, is made of sugar and water boiled together (with a small quantity of cream-of-tartar to prevent sugar from granulating) to soft ball, 238° F. The professional confectioner is able to decide when syrup has boiled to the right temperature by sound while boiling, and by testing in cold water; these tests at first seem somewhat difficult to the amateur, but only a little experience is necessary to make fondant successfully. A sugar thermometer is often employed, and proves valuable, as by its use one need not exercise his judgment.

Fondant I

2½ lbs. sugar
1½ cups hot water
¼ teaspoon cream-of-tartar

Put ingredients into a smooth granite stewpan. Stir, place on range, and heat gradually to boiling-point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep in shape, which is 238° F. After a few minutes' boiling, sugar will adhere to sides of kettle; this should be washed off with a pastry-brush first dipped in cold water or the hand first dipped in cold water. Have a pan of cold water near at hand, dip hand in cold water, then quickly wash off a small part of the sugar with tips of fingers, and repeat until all sugar adhering to side of saucepan is removed. If this is quickly done, there is no danger of burning the fingers. Pour slowly on a slightly oiled marble slab. Let stand a few minutes to cool, but not long enough to become hard around the edge. Scrape fondant with chopping knife to one end of marble, and work with a wooden spatula until white and creamy. It will quickly change from this consistency, and begin to lump, when it should be kneaded with the hands until perfectly smooth.

Put into a bowl, cover with oiled paper to exclude air, that a crust may not form on top, and let stand twenty-four hours. A large oiled platter and wooden spoon may be used in place of marble slab and spatula. Always make fondant on a clear day, as a damp, heavy atmosphere has an unfavorable effect on the boiling of sugar.

Fondant II

2 cups sugar
½ cup boiling water
⅛ teaspoon cream-of-tartar
½ teaspoon glycerine

Put ingredients in smooth graniteware saucepan, stir, place on range, and bring to the boiling-point. Boil rapidly without stirring until, when tried in cold water, a jelly-like ball may be formed. Pour into a bowl, cool, and stir and beat until white and creamy. Turn on a platter and knead until smooth. Return to bowl, cover with paraffine or oiled paper, and let stand twenty-four hours. Heat until melted in dish placed in stewpan containing boiling water. Flavor and color as desired. Fondant may be used for dipping small cakes, frosting larger ones, or making confections. If a large quantity is required do not attempt to double recipe, but rather repeat it until the necessary quantity is made.

Coffee Fondant

2½ lbs. sugar	¼ cup ground coffee
1½ cups cold water	¼ teaspoon cream-of-tartar

Put water and coffee in saucepan, and heat to boiling-point. Strain through double cheesecloth; then add sugar and cream-of-tartar. Boil, and work same as Fondant.

Maple Fondant

1½ lbs. maple sugar	1 cup hot water
1¼ lbs. sugar	⅛ teaspoon cream-of-tartar

Break maple sugar in pieces and add to remaining ingredients. Boil, and work same as Fondant.

Bonbons

The centres of bonbons are made of fondant shaped in small balls. If White Fondant is used, flavor as desired, — vanilla being usually preferred. For cocoanut centres, work as much shredded cocoanut as possible into a small quantity of fondant; for nut centres, surround pieces of nut meat with fondant, using just enough to cover. French candied cherries are often used in this way. Allow balls to stand over night, and dip the following day.

To Dip Bonbons. Put fondant in saucepan, and melt over hot water; color and flavor as desired. In coloring fondant, dip a small wooden skewer in coloring paste, take up a small quantity, and dip skewer in fondant. If care is not taken, the color is apt to be too intense. During dipping, keep fondant over hot water that it may be kept of right consistency. For dipping, use a two-tined fork or confectioners' bonbon dipper. Drop centres in fondant one at a time, stir until covered, remove from fondant, put on oiled paper, and bring end of dipper over the top of bonbon, thus leaving a tail-piece, which shows that bonbons have been hand dipped. Stir fondant between dippings to prevent a crust from forming.

Cream Mints

Melt fondant over hot water, flavor with a few drops of oil of peppermint, wintergreen, clove, cinnamon, or orange, and color if desired. Drop from tip of spoon on oiled paper. Confectioners use rubber moulds for shaping cream mints; but these are expensive for home use, unless one is to make mints in large quantities.

Cream Nut Bars

Melt fondant and flavor, stir in any kind of nut meat, cut in pieces. Turn in an oiled pan, cool, and cut in bars with a sharp knife. Maple Fondant is delicious with nuts.

Dipped Walnuts

Melt fondant and flavor. Dip halves of walnuts as bonbon centres are dipped. Halves of pecan or whole blanched almonds may be similarly dipped.

Tutti-Frutti Candy

Fill an oiled border-mould with three layers of melted fondant. Have bottom layer maple, well mixed with English walnut meat; the second layer colored pink, flavored with rose, and mixed with candied cherries cut in quarters and figs finely chopped, the third layer white, flavored with vanilla, mixed with nuts, candied cherries cut in quarters, and candied pineapple cut in small pieces. Cover mould with oiled paper, and let stand over night. Remove from mould, and place on a plate covered with a lace paper napkin. Fill centre with Bonbons and Glacé Nuts.

Marshmallow Mint Bonbons

Cut marshmallows in halves crosswise and flavor with peppermint, by putting a small wooden skewer in a bottle of oil of peppermint, then on the cut surface of the marshmallow. Arrange in layers in a box, cover, and let stand over night. In the morning dip in fondant, flavored with a few drops oil of peppermint.

Candy Violets

Melt one-half cup fondant, flavor with one drop Violet Essence, and color violet. Stir in shredded cocoanut, which comes in long pieces (the kind which may be bought in bulk rather than packages), and drop from a two-tined fork on paraffine paper, to represent violets. If Violet Essence is not at hand, substitute a few drops vanilla.

Glacé Nuts

2 cups sugar 1 cup boiling water
⅛ teaspoon cream-of-tartar

Put ingredients in a smooth saucepan, stir, place on range, and heat to boiling-point. Boil without stirring until syrup begins to

discolor, which is 310° F. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, remove from syrup, and place on oiled paper.

Glacé Fruits

For Glacé Fruits, grapes, strawberries, sections of mandarins and oranges, and candied cherries are most commonly used. Take grapes separately from clusters, leaving a short stem on each grape. Dip in syrup made as for Glacé Nuts, holding by stem with pinchers. Remove to oiled paper. Glacé fruits keep but a day, and should only be attempted in cold and clear weather.

Candied Orange Peel

Remove peel from four thin-skinned oranges in quarters. Cover with cold water, bring to boiling-point, and cook slowly until soft. Drain, remove white portion, using a spoon, and cut yellow portion in thin strips, using scissors. Boil one-half cup water and one cup sugar until syrup will thread when dropped from tip of spoon. Cook strips in syrup five minutes, drain, and coat with fine granulated sugar.

Chocolate Dipped Candied Orange Peel

Follow directions for Candied Orange Peel, leaving on considerable of the white portion. Melt confectioners' dipping chocolate in a small saucepan, placed in a larger saucepan containing hot water. Remove from range and beat until cool. Dip each piece of candied orange peel separately in chocolate, put on paraffine paper, and let stand until cool.

Candied Grape Fruit Peel

Wipe three grape fruits and remove peel in six sections lengthwise of fruit. Soak over night in one quart cold water to which has been added one tablespoon salt. Drain, put in saucepan, cover with cold water, and bring to boiling-point; repeat three times and cook in the last water until soft, the time required being about four hours. Drain and cut in strips one-eighth inch wide. Weigh peel and put an equal weight of sugar in saucepan and add one-half cup cold water. Bring to the boiling-point, add one-half of the strips, cover, and cook until

pieces are clear. Remove to plate, taking up as little syrup as possible. Cool, roll each piece separately in powdered sugar, and spread on a platter to dry. Proceed in same manner with remaining half. Store in glass jars.

Crystallized Mint Leaves

Wipe fresh mint leaves, remove from stems, and brush each leaf with white of egg, beaten until stiff. Dip in one-third cup granulated sugar flavored with five drops oil of spearmint. Place closely together on a cake rack covered with paraffine paper and let stand in a slow oven until dry. If the leaves are not thoroughly coated, the process may be repeated.

Spun Sugar

2 lbs. sugar 2 cups boiling water
½ teaspoon cream-of-tartar

Put ingredients in a smooth saucepan. Boil without stirring until syrup begins to discolor, which is 300° F. Wash off sugar which adheres to sides of saucepan, as in making fondant. Remove saucepan from fire, and place in a larger pan of cold water to instantly stop boiling. Remove from cold water, and place in saucepan of hot water. Place two broomstick handles over backs of chairs, and spread paper on the floor under them. When syrup is slightly cooled, put dipper in syrup, remove from syrup, and shake quickly back and forth over broom handles. Carefully take off spun sugar as soon as formed, and shape in nests, or pile lightly on a cold dish. Syrup may be colored if desired. Spun Sugar is served around bricks or moulds of frozen creams and ices.

Dippers for spinning sugar are made of coarse wire; about twenty wires, ten inches long, are put in a bundle, and fastened with wire coiled around and around to form a handle.

CHAPTER XXXV

SANDWICHES AND CANAPÉS

IN preparing bread for sandwiches, cut slices as thinly as possible, and remove crusts. If butter is used, cream the butter, and spread bread before cutting from loaf. Spread half the slices with mixture to be used for filling, cover with remaining pieces, and cut in squares, oblongs, or triangles. If sandwiches are shaped with round or fancy cutters, bread should be shaped before spreading, that there may be no waste of butter. Sandwiches which are prepared several hours before serving-time may be kept fresh and moist by wrapping in a piece of cheesecloth wrung as dry as possible out of hot water, and keeping in a cool place. Paraffine paper is often used for the same purpose. Bread for sandwiches cuts better when a day old. Serve sandwiches piled on a plate covered with a doily.

Rolled Bread

Cut fresh bread, while still warm, in as thin slices as possible, using a very sharp knife. Spread evenly with butter which has been creamed. Roll slices separately, and tie each with baby ribbon.

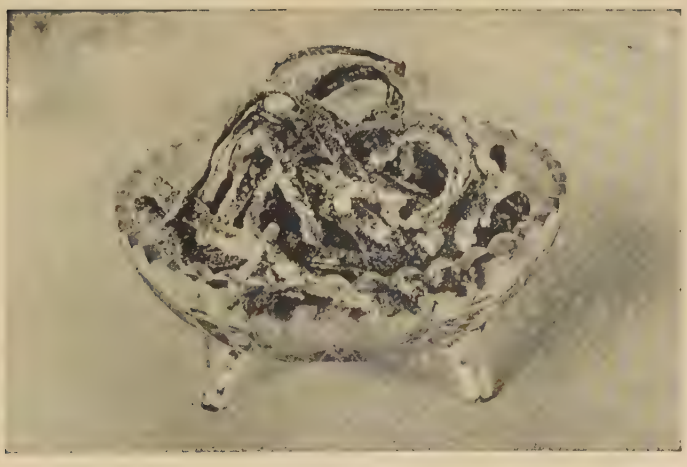
Bread and Butter Folds

Remove end slice from bread. Spread end of loaf sparingly and evenly with butter which has been creamed. Cut off as thin a slice as possible. Repeat until the number of slices required are prepared. Remove crusts, put together in pairs, and cut in squares, oblongs, or triangles. Use white, entire wheat, graham, or brown bread. Three-layer sandwiches are attractive when made of entire wheat bread between white slices.

Lettuce Sandwiches

Put fresh, crisp lettuce leaves, washed and thoroughly dried, between thin slices of buttered bread prepared as for Bread and Butter Folds, having a teaspoon of Mayonnaise on each leaf.

Cream Mints. — *Page 682.*



Candied Orange Peel. — *Page 684.*

Noisette Sandwiches. — *Page 689.*

Bread and Butter Folds. — *Page 686.*

Mosaic Sandwiches

Cut three slices each of white and graham bread one-half inch in thickness. Spread a slice of white bread with creamed butter and place a slice of graham on it; spread this with creamed butter and place on it a slice of white bread; repeat this process, beginning with a slice of graham. Put both piles in a cool place under a light weight. When butter has become firm, trim each pile evenly, and cut each pile in three one-half-inch slices. Spread these with butter and put together in such a way that a white block will alternate with a graham one. Place again in a cool place under a light weight, and when butter has become perfectly hard cut in thin slices for serving. Arrange on a plate covered with a doily.

Egg Sandwiches

Chop finely the whites of hard-boiled eggs; force the yolks through a strainer or potato ricer. Mix yolks and whites, season with salt and pepper, and moisten with Mayonnaise or Cream Salad Dressing. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Sardine Sandwiches

Remove skin and bones from sardines, and mash to a paste. Add to an equal quantity of yolks of hard-boiled eggs rubbed through a sieve. Season with salt, cayenne, and a few drops of lemon juice; moisten with olive oil or melted butter. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Sliced Ham Sandwiches

Slice cold boiled ham as thinly as possible. Put between thin slices of buttered bread prepared as for Bread and Butter Folds.

Chopped Ham Sandwiches

Finely chop cold boiled ham, and moisten with Sauce Tartare. Spread between thin slices of buttered bread prepared as for Bread and Butter Folds.

Anchovy Sandwiches

Rub the yolks of hard-boiled eggs to a paste. Moisten with soft butter and season with Anchovy sauce. Spread mixture between thin slices of buttered bread prepared as for Bread and Butter Folds.

Chicken Sandwiches

Chop cold boiled chicken, and moisten with Mayonnaise or Cream Salad Dressing; or season with salt and pepper, and moisten with rich chicken stock. Prepare as other sandwiches.

Lobster Sandwiches

Remove lobster meat from shell, and chop. Season with salt, cayenne, made mustard, and lemon juice; or moisten with any salad dressing. Spread mixture on a crisp lettuce leaf, and prepare as other sandwiches.

Lobster Sandwiches à la Boulevard

Mix an equal quantity of finely chopped lobster meat and the yolks of hard-boiled eggs forced through a sieve. Moisten with melted butter, and season with German mustard, beef extract diluted with a very small quantity of boiling water, and salt. Spread mixture between thin slices of buttered bread, remove crusts, and cut into fancy shapes. A small quantity of lobster meat is most successfully utilized in this way.

Oyster Sandwiches

Arrange fried oysters on crisp lettuce leaves, allowing two oysters for each leaf, and one leaf for each sandwich. Prepare as other sandwiches.

Nut and Cheese Sandwiches

Mix equal parts of grated gruyère cheese and chopped English walnut meat; then season with salt and cayenne. Prepare as other sandwiches.

Cheese and Anchovy Sandwiches

Cream two tablespoons butter, and add one-fourth cup grated Young American Cheese and one teaspoon vinegar. Season with salt, paprika, mustard, and Anchovy sauce. Spread mixture between thin slices of bread.

Windsor Sandwiches

Cream one-third cup butter, and add one-half cup each of finely chopped cold boiled ham and cold boiled chicken. Season with salt and paprika. Spread mixture between thin slices of bread.

Club Sandwiches

Arrange lettuce leaves on slices of bread and cover with thin slices of cooked bacon; cover bacon with slices of cold roast chicken, cover

chicken with slices of tomato and cover tomato with Mayonnaise Dressing. Cover with slices of bread.

Ginger Sandwiches

Cut preserved Canton ginger in very thin slices. Prepare as other sandwiches.

Fruit Sandwiches

Remove stems and finely chop figs; add a small quantity of water, cook in double boiler until a paste is formed, then add a few drops of lemon juice. Cool mixture, and spread on thin slices of buttered bread; sprinkle with finely chopped peanuts and cover with pieces of buttered bread.

Brown Bread Sandwiches

Brown Bread to be used for sandwiches is best steamed in one-pound baking-powder boxes. Spread and cut bread as for other sandwiches. Put between layers finely chopped peanuts seasoned with salt; or grated cheese mixed with chopped English walnut meat seasoned with salt.

Noisette Sandwiches

Use one-half recipe for Milk and Water Bread made with entire wheat flour, and add two tablespoons molasses, and one cup English walnut meats or pecan nut meats broken in small pieces. Let stand twenty-four hours, slice as thinly as possible, spread sparingly and evenly with butter, and put between slices orange marmalade. Remove crusts, cut in fancy shapes, and garnish with nut meats.

Colonial Sandwiches

Make one-half the recipe for Milk and Water Bread, using entire wheat flour, and adding one and one-half tablespoons molasses, and after the first rising adding, while kneading, one-half cup, each, candied orange peel finely cut and pecan nut meats broken in pieces. Put into buttered one-pound baking-powder tins until one-third full; let rise and bake. Cool, and make into sandwiches.

Honor Sandwiches

Cut bread in one-fourth-inch slices, spread with pimiento butter, and shape with a fancy rectangular cutter. Cover with pieces of bread from which pieces have been removed with a small fancy cutter.

Pimiento Butter. Cream one-fourth cup butter and add two canned pimientos, which have been forced through a purée strainer. When thoroughly blended, season with one-fourth teaspoon salt.

Toasted Salad Sandwiches

Mash a cream cheese and moisten with French dressing. Cut graham bread in one-fourth-inch slices, spread with cheese mixture, and sprinkle with chopped pecan nut meats. Put together in pairs, remove crusts, and cut in finger-shaped pieces. Toast, pile log-cabin fashion on a fancy plate, and serve as an accompaniment to a dinner salad.

Toasted Mushroom Sandwiches

Cut stale bread in thin slices and remove crusts. Spread with Mushroom Mixture, put together in pairs, and cut in finger-shaped pieces. Sauté in butter until browned on one side, turn, and brown other side.

Mushroom Mixture. Melt three tablespoons butter, add one-fourth cup flour, and stir until well blended; then pour on gradually, while stirring constantly, one cup thin cream or top milk. Bring to the boiling-point and add sautéed chopped mushrooms to make of right consistency to spread. Season with salt, pepper, and paprika.

Devilled Sandwiches

Blanch and shred two ounces Jordan almonds; then sauté in enough butter to prevent burning, until delicately browned, stirring constantly. Mix two tablespoons chopped pickles, one tablespoon Worcestershire Sauce, one tablespoon chutney, one-fourth teaspoon salt, and a few grains cayenne. Pour over almonds and cook two minutes, stirring constantly. Work a cream cheese until smooth and season with salt and paprika. Spread unsweetened wafer crackers with cheese, sprinkle with nuts, and put together in pairs. Arrange on a plate, covered with a doily. A delicious accompaniment to a dinner salad.

Caviare Sandwiches

Cut white bread in thin slices, spread with creamed butter, and then with caviare. Sprinkle with lemon juice and cayenne; cover with slices of buttered bread, remove crusts, and cut in small finger-shaped pieces.

Dream Sandwiches

Cut stale bread in one-fourth-inch slices; remove crusts and cut in rectangular pieces. Cut mild cheese in slices same size as pieces of bread and sprinkle with salt and cayenne. Put a slice of cheese between each two slices of bread and sauté in butter until delicately browned on one side: then turn and brown other side.

Chicken Cream Sandwiches

¾ cup chopped cold boiled fowl
¼ cup chopped celery
1 hot boiled onion
1 cup milk
3 tablespoons flour
2 tablespoons butter
Whites 2 eggs
½ teaspoon salt
⅛ teaspoon pepper
Lemon juice

Mix fowl (preferably white meat), celery, and onion, forced through a purée strainer, and add milk; then add flour, mixed with butter worked until creamy. Bring to the boiling-point and let simmer three minutes; then add whites of eggs, beaten until stiff, and seasonings. Turn into a small mould and let stand in a cold place twelve hours. Remove from mould, cut in slices, and put between thin slices of buttered bread. Remove crusts and cut in any desired shape.

Spanish Sandwiches

Put in a mortar and pound to a paste two anchovies, two pickles, one sprig parsley, three tablespoons capers, one teaspoon made mustard, two tablespoons olive oil, two tablespoons vinegar, and yolks of two hard-boiled eggs; then season with salt and paprika. Cut bread in thin slices, butter sparingly, spread with mixture, and sprinkle with whites of hard-boiled eggs, finely chopped. Cover with slices of buttered bread, remove crusts, and cut in fancy shapes.

Fairmont Sandwiches

Cut bread in one-fourth-inch slices. Spread two slices sparingly with butter on both sides, and two slices on but one side. Put between slices layers of finely cut red and green peppers wrung through a cheesecloth to remove moisture, moistened with Mayonnaise Dressing. There should be two layers of green peppers and one of red. Remove crusts, fold in damp cheesecloth, and press under a weight; then cut in slices for serving, and arrange on a plate covered with a doily.

Sembrich Sandwiches

Cut and spread seven slices bread, same as for Fairmont Sandwiches. Put between slices finely chopped cold boiled ham, moistened with cream, and seasoned with salt, mustard, and cayenne; finely chopped cold boiled fowl, moistened with Mayonnaise Dressing, and chopped nut meats, moistened with Mayonnaise Dressing: there should be two layers of each filling. Remove crusts, fold in cheesecloth, and press under a weight. Cut in slices and arrange on a bed of crisp lettuce leaves.

Lincoln Sandwiches

Cut brown and white bread in thin slices and spread with butter, which has been worked until creamy. Cut cold boiled tongue and gruyère cheese in thin slices. Put a slice of tongue on white bread, over tongue brown bread, and over brown bread cheese; repeat. Wrap in cheesecloth, put under a weight, and let stand several hours.

For serving cut in thin slices crosswise, and arrange sandwiches overlapping one another, in two parallel rows on a plate covered with a lace paper doily.

German Sandwiches

Cut German Loaf in thin slices and put between thin slices of buttered graham bread.

Royal Sandwiches

½ cup shrimps
½ cup cooked chicken livers
½ red pepper
½ Bermuda onion
Salt
Mayonnaise Dressing

Mix and force through a meat chopper shrimps, livers, pepper (from which seeds have been removed), and onion. Season with salt and moisten with Mayonnaise Dressing. Spread between thin slices of buttered bread, remove crusts, and cut in fancy shapes. Arrange on a plate covered with a doily.

East India Sandwiches

Hard cook eggs, separate yolks from whites, mash yolks, and finely chop whites. Moisten yolks with Bengal Club Chutney until of the right consistency to spread. Spread thin slices of buttered bread with mixture, sprinkle with chopped whites, cover with thin slices of buttered bread, remove crusts, and cut in halves crosswise.

Penobscot Sandwiches

Free cold cooked salmon from skin and bones; there should be one-half cup. Mash and add white of one hard-boiled egg finely chopped and one tablespoon finely chopped cucumber pickle; season with salt and paprika and moisten with Cream Salad Dressing. Mash yolks of two hard-boiled eggs and add one and one-half tablespoons melted butter, one and one-half tablespoons chopped nut meats, and a few drops anchovy essence. Remove crusts from a stale white loaf in four pieces and cut off five one-third-inch slices lengthwise of loaf. Spread three slices, on both sides, with butter worked until creamy, remaining two slices on but one side. Spread two mixtures alternately, between slices of bread, sprinkling egg yolk mixture with finely chopped green pepper. Wrap in paraffine paper or cheesecloth, place under a light weight and let stand until serving time. Cut in one-third-inch slices crosswise and each slice in halves lengthwise. Arrange overlapping one another on a plate covered with a lace paper doily.

Orange Honey Sandwiches

Spread thin slices of buttered white bread with orange honey. Put together in pairs, remove crusts, and cut in fancy shapes. For the orange honey boil one cup sugar with one-fourth cup, each, water and orange juice, until syrup will spin a thread when dropped from tip of spoon. Add one-half cup finely chopped orange peel (from which all white portion has been removed) and one-half teaspoon vanilla. Again bring to the boiling-point and cool.

French Prune Sandwiches

Remove stones from French prunes and finely chop. Mix with chopped English walnut meats, allowing seven halves of nut meats to every six prunes. Moisten with a thin syrup (made by boiling one-fourth cup sugar and one-fourth cup water five minutes) and season with salt, paprika, and lemon juice. Spread between thin slices of buttered white bread and cut in fancy shapes, using a cutlet cutter.

Jelly Sandwiches

Cut bread in one-third-inch slices, and remove crusts; then toast and cut in halves on the diagonal. Spread with butter and currant jelly (beaten until of the consistency to spread evenly). Sprinkle one-half the pieces with English walnut meats, cover with remaining pieces, and arrange for individual service on small hot plates.

Lenox Sandwiches

Work one-fourth cup almond paste until smooth. Add gradually one-fourth cup powdered sugar and a few grains salt; then add three-eighths cup heavy cream. Spread thin slices of buttered bread with mixture, cover with buttered bread, remove crusts, and cut in finger-shaped pieces.

Macedoine Sandwiches

¼ cup finely chopped Canton ginger
¼ cup finely chopped pecan nut meats
2 tablespoons finely cut orange pulp
1 tablespoon ginger syrup
1 teaspoon vinegar
Few grains salt
Saltines

Mix ingredients in order given and spread between saltines or thin slices of buttered bread.

Russian Sandwiches

Spread zephyrettes with thin slices of cream cheese, cover with finely chopped olives moistened with Mayonnaise Dressing. Place a zephyrette over each and press together.

Jelly Sandwiches

Spread zephyrettes with quince jelly and sprinkle with chopped English walnut meat. Place a zephyrette over each and press together.

Cheese Wafers

Sprinkle zephyrettes with grated cheese mixed with a few grains of cayenne. Put on a tin sheet and bake until the cheese melts.

Waltham Five o'Clock Tea Sandwiches

Work a cream cheese until of the right consistency to spread. Spread on thin, salted, unsweetened round wafer crackers and cover with halves of marshmallows, cut crosswise, and pulled out with the fingers to about fit crackers. Cover with wafer crackers, arrange on tin sheet, and bake until cheese and marshmallows begin to melt.

Horseradish Sandwiches

6 tablespoons butter
4 tablespoons grated horseradish
1 teaspoon lemon juice
Few grains salt
Pimolas

Cream butter, add gradually horseradish, lemon juice, and salt. Spread between thin slices of bread, shape with a cutter in form of diamonds, and garnish each with a slice cut from a pimola crosswise.

Commonwealth Marmalade Sandwiches

Remove end slices from a loaf of bread. Spread end of loaf evenly with butter which has been creamed. Cut off a thin slice and repeat until the number of slices required are prepared.

Spread with orange marmalade, put together in pairs, and press together. Remove crusts and cut in halves crosswise. Put in a pan and bake in a moderate oven until delicately browned on both sides, turning once during the browning.

Rochester Chocolate Sandwiches

¼ cup butter	1 square unsweetened chocolate
½ cup sugar	2 tablespoons milk
1 egg	1¼ cups flour
Few grains salt	1 teaspoon baking powder

Cream butter and add gradually, while beating constantly, sugar; then add egg, well beaten, salt, chocolate (melted), milk, and flour, mixed and sifted with baking powder. Toss on a slightly floured board, pat, and roll as thin as possible. Shape with a small round cutter (first dipped in flour), arrange on a buttered sheet, and bake in a moderate oven. Cool and put together with the following mixture: Work a cream cheese until smooth and moisten with cream until of the right consistency to spread; then season highly with salt and paprika.

Canapés

Canapés are made by cutting bread in slices one-fourth inch thick and cutting slices in strips four inches long by one and one-half inches wide, or in circular pieces. Then bread is toasted, fried in deep fat, or buttered and browned in the oven, and covered with a seasoned mixture of eggs, cheese, fish, or meat, separately or in combination. Canapés are served hot or cold, and used in place of oysters at a dinner or luncheon. At a gentleman's dinner they are served with a glass of Sherry before entering the dining-room.

Cheese Canapés I

Toast circular pieces of bread, sprinkle with a thick layer of grated cheese seasoned with salt and cayenne. Place on a tin sheet and bake until cheese is melted. Serve at once.

Cheese Canapés II

Spread circular pieces of toasted bread with French Mustard, then proceed as for Cheese Canapés I.

Sardine Canapés

Spread circular pieces of toasted bread with sardines (from which bones have been removed) rubbed to a paste, with a small quantity of creamed butter and seasoned with Worcestershire Sauce and a few grains cayenne. Place in the centre of each a stuffed olive, made by removing stone and filling cavity with sardine mixture. Around each arrange a border of the finely chopped whites of hard-boiled eggs.

Lobster Canapés

Finely chop lobster meat and add an equal quantity of yolks of hard-boiled eggs forced through a sieve. Moisten with melted butter and heavy cream, using equal parts, and season highly with salt, cayenne, German mustard, and beef extract. Spread on sautéed circular slices of bread and garnish with rings cut from whites of hard-boiled eggs, yolks of hard-boiled eggs, and lobster coral forced through a sieve.

Canapés Martha

Beat yolk one egg, add one and one-half tablespoons cream, one-fourth teaspoon salt, one-eighth teaspoon paprika, one-fourth teaspoon Worcestershire Sauce, and a few grains cayenne; then add one-fourth pound cheese cut in small pieces, and cook until smooth, stirring constantly. Spread on sautéed slices of bread, cut in fancy shapes, and cover with finely chopped lobster meat held together with a thick sauce made of Chicken Stock or cream, garnish with rings of whites of hard-boiled eggs, yolks of hard-boiled eggs, and lobster coral forced through a strainer, and rings of olives.

Anchovy Canapés

Spread circular pieces of toasted bread with Anchovy Butter. Chop separately yolks and whites of hard-boiled eggs. Cover canapés by quarters with egg, alternating yolks and whites. Divide yolks from whites with anchovies split in two lengthwise, and pipe around a border of Anchovy Butter, using a pastry bag and tube.

Cheese and Olive Canapés

Cut stale bread in one-fourth-inch slices. Shape with a small oblong cutter with rounded corners. Cream butter, add an equal quantity of soft cheese, and work until smooth; then season with salt. Spread on bread and garnish with a one-fourth-inch border of finely chopped olives and a piece of red or green pepper cut in fancy shape, in centre of each. To be served in place of sandwiches on a plate covered with a doily.

Canapés Lorenzo

Toast slices of bread cut in shape of horseshoes. Cream two tablespoons butter, and add one teaspoon white of egg. Spread slices of bread, rounding with Crab Mixture, cover with creamed butter, sprinkle with cheese, and brown in the oven. Serve on a napkin, ends towards centre of dish, and garnish with parsley.

Crab Mixture. Finely chop crab meat, season with salt, cayenne, and a few drops of lemon juice, then moisten with White Sauce III. Lobster meat may be used in place of crab meat.

Algonquin Canapés

Fry one-half tablespoon finely chopped onion, three tablespoons butter, and one-third cup chopped mushroom caps five minutes. Add two tablespoons flour, and two-thirds cup cream. Cook until mixture thickens, then add one cup finnan haddie (soaked in lukewarm water to cover forty-five minutes, then separated into flakes), two tablespoons grated cheese, and yolks two eggs slightly beaten. Season with salt and cayenne and pile on circular pieces of toasted bread. Sprinkle with grated cheese, then with buttered, soft bread crumbs, and bake until crumbs are browned. Serve at once.

Danish Canapés

Cut stale bread in one-fourth-inch slices and shape with a round cutter, two and one-half inches in diameter. Toast on one side and spread untoasted side with butter worked until creamy and mixed with chutney, allowing one teaspoon chutney to two tablespoons butter. Garnish with fillets of anchovies, arranged lattice fashion over the top.

Dexter Canapés

Cut stale bread in one-fourth-inch slices, shape with a round cutter, toast on one side, and spread untoasted side with butter worked until creamy and seasoned with anchovy. Cover each with a one-third-inch slice of tomato, spread tomato with Mayonnaise Dressing, sprinkle with yolk of hard-boiled egg, forced through a potato ricer, and white of hard-boiled egg finely chopped. Garnish around edge with a ring cut from green pepper, and in the centre with a piece of olive and a sprig of parsley.

Italian Canapés

Cut stale bread in one-third-inch slices and remove crusts. Cut in finger-shaped pieces and toast on one side. Mix one cup grated Parmesan cheese, two-thirds cup heavy cream, and two tablespoons Madeira wine, and season with salt and pepper. Spread untoasted side of bread with mixture, arrange in a pan, and bake in a hot oven six minutes. Garnish with sprigs of parsley and serve at once on heated small plates.

St. Valentine's Canapés

Cut bread in one-fourth-inch slices, shape with a heart-shaped cutter, and sauté in butter. Drain canned pimiento, dry between towels, sprinkle with salt, and shape with a heart-shaped cutter; then sauté in butter. Remove to bread and garnish with a border of finely chopped parsley. Serve hot.

Plaza Canapés

Cut bread in one-third-inch slices, shape in crescent-shaped pieces, and sauté in butter until delicately browned. Spread with Anchovy butter and sprinkle one-half the pieces with chopped whites of hard-boiled eggs, sprinkled with paprika; the other half with the yolks of hard-boiled eggs, forced through a sieve. Garnish with sprigs of watercress.

Smoked Fish Canapés

Cut stale bread in one-fourth-inch slices, remove crusts, and cut in oblongs four by three inches; then sauté in olive oil until delicately browned. Arrange on each, lengthwise, alternate pieces of thinly sliced smoked salmon and smoked herring, using two of each. Pipe around each a border of butter worked until creamy and seasoned with anchovy and lemon juice.

Clam Canapés I

3 dozen clams in shells
¼ cup water
6 mushroom caps
2½ tablespoons flour
2½ tablespoons butter
⅓ cup clam liquor
3 tablespoons tomato catsup
1 tablespoon lemon juice
9 drops Tabasco Sauce
½ teaspoon evaporated horseradish
1 teaspoon vinegar
1 teaspoon salt

Wash clams, changing the water several times. Put in kettle, pour over water, cover, and let steam until shells are partially opened. Remove clams from shells, reserving soft portions, and strain liquor through a double thickness of cheesecloth. Brush, peel, and chop mushroom caps. Cook with butter one minute, add flour, and then pour on clam liquor. Bring to the boiling-point and add catsup, lemon juice, Tabasco Sauce, wine, horseradish mixed with vinegar, salt, and soft part of clams. Reheat and serve on oval-shaped pieces of toast arranged for individual service on small fancy plates.

Clam Canapés II

Cut stale bread in one-third-inch slices, shape in two-and-one-half inch circular pieces, and sauté in butter. Spread with paté-de-foie-gras purée. Pipe around edge yolks of hard-boiled eggs, rubbed through a sieve, mixed with creamed butter, and seasoned with salt and paprika. Inside of border arrange a ring of white of hard-boiled egg, finely chopped, and sprinkle with finely chopped parsley.

In centre place little neck clams, seasoned with Tomato Catsup, lemon juice, salt, Worcestershire Sauce, Tabasco Sauce, and a few gratings horseradish.

Allen Canapés

Cut bread in one-fourth-inch slices and shape with a circular cutter two and one-half inches in diameter. Sauté on one side only, until delicately browned. Spread sides which have not been sautéed with watercress butter and with a pastry bag and tube pipe a border of the butter around circumference. Fill centres with caviare and finely chopped yolks of hard-boiled eggs, used in equal proportions.

Fish Canapés

Remove caviare from can to strainer and pour over hot water to remove some of the oil. Drain thoroughly and season with lemon

juice. Brush inside of small fish moulds sparingly with olive oil and put in a shallow pan of crushed ice. Cover bottoms with aspic jelly mixture, made from fish or white stock. When set, cover body of fish with caviare, and add jelly mixture gradually, by spoonfuls, until moulds are full. Chill thoroughly, remove to crisp lettuce leaves, insert small pieces of truffle to represent eyes, and place on small plates for individual service.

Caviare Rissolettes

Roll puff paste to one-fourth inch in thickness, and shape with a small round cutter, first dipped in flour. Wet edges of one-half the pieces and place in centre of each one teaspoon Russian Caviare seasoned with lemon juice. Cover with remaining pieces and press edges firmly together. Fry in deep fat and drain on brown paper. Arrange for individual service on small plates covered with lace paper doilies. Serve as a first course at a formal dinner.

Butterfly Canapés

Arrange on small serving plate two small crisp heart lettuce leaves, representing wings. Where leaves meet, put one tablespoon thin slices of celery, cut crosswise, and moistened with Mayonnaise Dressing. On each side of celery put three-fourths tablespoon Norwegian sardines, separated into flakes. Sprinkle sardines with the chopped white of hard-boiled egg, leaving outer edge of sardine uncovered. Sprinkle celery with yolks of hard-boiled eggs (forced through a strainer) and put a one-half-inch band of Mayonnaise Dressing through length of centre. Arrange at regular intervals narrow cross bands of paprika and sprinkle ends with finely chopped parsley.

Washington Canapés

Cut stale bread in one-third-inch slices, shape into rounds two and one-half inches in diameter, and toast on one side. Spread untoasted side with butter, worked until creamy, mixed with an equal quantity of grated Parmesan cheese, and seasoned with salt and pepper. Cook one finely chopped shallot with one tablespoon butter three minutes. Add two tablespoons flour and stir until well blended; then pour on gradually, while stirring constantly, one cup cream. Bring to the boiling-point, add one-half pound crab meat, and season with one-half teaspoon salt, one-fourth teaspoon paprika, and a few grains black

pepper. Spread prepared bread with mixture, rounding slightly, and bake in a hot oven until delicately browned. Garnish with thin strips of red pepper.

Finnan Haddie Canapés

Soak finnan haddie in lukewarm water to cover, set on back of range and let stand until fish may be separated easily into flakes; there should be one cup. Fry one-half tablespoon finely chopped onion and two chopped mushroom caps in three tablespoons butter five minutes. Add two tablespoons flour and pour on gradually, while stirring constantly, two-thirds cup thin cream. As soon as boiling-point is reached, add two tablespoons grated cheese, yolks of two eggs, slightly beaten, and finnan haddie. Season with salt and cayenne. Cool and pile on circular pieces of toasted bread two inches in diameter. Sprinkle with grated cheese and buttered bread crumbs and bake until crumbs are brown.

Canapés à la Rector

Cut stale bread in one-fourth-inch slices, then in strips three and one-half inches long by one-half inch wide. Toast on one side and spread untoasted side with caviare. Divide diagonally into three sections, having two end ones half a square. Sprinkle centre with finely chopped cucumber pickles and ends with finely chopped red pepper. Separate sections with a piece cut from a fillet of anchovy.

Horn of Plenty Canapés

Cut smoked salmon in thin slices, crosswise of fish, and shape in forms of horns of plenty. Fill horns with caviare to which have been added a few drops of lemon juice. Arrange for individual service on elliptical pieces of toasted bread on a plate covered with a lace paper doily.

Laitue Suédoise

Mix one cup finely shredded cabbage, one-half cup finely cut celery, one green pepper (from which seeds have been removed), finely chopped, one-half tablespoon brown sugar, one-half teaspoon salt, and one-fourth teaspoon mustard seed. Moisten with French dressing, chill, and allow, for each portion, one tablespoon on a small crisp lettuce leaf.

Celery with Caviare

Wash, scrape, and cut celery stalks in three and one-half inch pieces and curl ends. Spread uncurled portions of grooves with caviare, and arrange each on a small, crisp lettuce leaf, placed on a small fancy plate. Garnish each with a radish, cut to represent a tulip. Serve as a first course at a formal dinner or luncheon.

Celery with Roquefort

Wash, scrape, and cut celery stalks in two-inch pieces. Work one tablespoon butter until creamy, add two tablespoons Roquefort cheese, and stir until thoroughly blended; then season highly with salt and paprika. Spread mixture on inside of celery stalks and serve on bed of chopped ice.

CHAPTER XXXVI

FRUITS: FRESH AND COOKED

FRUITS are usually at their best when served ripe and in season; however, a few cannot be taken in their raw state, and still others are rendered more easy of digestion by cooking. The methods employed are stewing and baking. Fruit should be cooked in earthen or graniteware utensils, and silver or wooden spoons should be employed for stirring. It must be remembered that all fruits contain one or more acids, and when exposed to air and brought in contact with an iron or tin surface, a poisonous compound may be formed.

How to Prepare Strawberries for Serving

1. Pick over strawberries, place in colander, pour over cold water, drain thoroughly, hull, and turn into dish. Serve with powdered sugar and cream.

2. Pick over selected strawberries, place in colander, pour over cold water, and drain thoroughly. Press powdered sugar into cordial glasses. Remove from glasses on centres of fruit plates. Arrange twelve berries around each mound of sugar. Berries served in this way should not be hulled.

Lenox Strawberries

Wash, pick over, and hull strawberries. Pour over Lenox mixture, chill thoroughly, arrange in glasses, and garnish around edge with whipped cream (sweetened and flavored delicately with vanilla) forced through a pastry bag and tube.

For the Lenox mixture, mix juice of one-half orange, four tablespoons sugar, and one-fourth teaspoon orange curaçoa, allowing this quantity for each portion.

Claret Strawberries

Prepare and serve strawberries, same as Lenox Strawberries, using claret in place of Lenox mixture.

How to Prepare Cantaloupes and Muskmelons for Serving

Cantaloupes and muskmelons should be very ripe and thoroughly chilled in ice box before being prepared for serving. Wipe melons, — if small, cut in halves lengthwise; if larger, cut in sections, and remove seeds, and stringy portion. If one-half is served as a portion, put in cavity one tablespoon crushed ice. Serve with salt or powdered sugar.

Cantaloupe Suprême

Wipe cantaloupes, cut in halves crosswise, remove seeds and stringy portion, and shape into balls, using a French potato ball cutter. Arrange in double coupe or grape fruit glasses (having crushed ice in outer glass), sprinkle with sugar, and pour over each one-fourth teaspoon maraschino. If a more elaborate coupe is desired, arrange balls in cases made from halves of orange peel and serve in single glasses.

How to Prepare Grapes for Serving

Put bunches in colander and pour over cold water, drain, chill, and arrange on serving dish. Imperfect grapes, as well as those underripe or over-ripe, should be removed. Garnish with grape leaves, if at hand.

Ways of Preparing Oranges for Serving

1. Wipe orange and cut in halves crosswise. Place one-half on a fruit plate, having an orange spoon or teaspoon on plate at right of fruit.

2. Peel an orange and remove as much of the white portion as possible. Remove pulp by sections, which may be accomplished by using a sharp knife and cutting pulp from tough portion first on one side of section, then on the other. Should there be any white portion of skin remaining on pulp it should be cut off. Arrange sections on glass dish or fruit plate. If the orange is a seeded one, remove seeds.

3. Remove peel from an orange in such a way that there remains a one-half-inch band of peel equal distance from stem and blossom end. Cut band, separate sections, and arrange around a mould of sugar.

How to Prepare Grape Fruit for Serving

Wipe grape fruit and cut in halves crosswise. With a small, sharp-pointed knife make a cut separating pulp from skin around entire circumference; then make cuts separating pulp from tough portion which divides fruit into sections. Remove tough portion in one piece,

which may be accomplished by one cutting with scissors at stem or blossom end close to skin. Sprinkle fruit pulp left in grape fruit skin generously with sugar. Let stand ten minutes, and serve very cold. Place on fruit plate and garnish with a candied cherry.

Grape Fruit with Sherry

Prepare grape fruit for serving, add to each portion one tablespoon Sherry wine, and let stand one hour in ice box or cold place.

Grape Fruit with Apricot Brandy

Prepare grape fruit for serving and add to each portion one-half tablespoon apricot brandy.

Grape Fruit with Sloe Gin

Prepare grape fruit for serving and add to each portion one-half tablespoon sloe gin.

Grape Fruit à la Russe

3 grape fruits
⅔ cup sugar
1 cup heavy cream
2 tablespoons powdered sugar
Few grains salt
½ teaspoon maraschino

Wipe grape fruits, cut in halves, crosswise, and remove seeds and tough portions. Sprinkle with granulated sugar and chill in ice box. Beat cream until stiff and add powdered sugar, salt and maraschino. Pipe a border, by forcing a mixture through a pastry bag and tube, on top of each half in the form of a square. Garnish at each corner with a glacéd cherry. Serve in double cocktail glasses having the larger ones filled with crushed ice.

Grape Fruit Coupe

Remove pulp from grape fruit in sections, cut each section in thirds, sprinkle with sugar, and chill in ice box. Arrange six fresh mint leaves at equal distances around inside of each coupe glass, having ends of leaves reach top of glass. Fill with prepared pulp and garnish centre of each with a small sprig of mint.

Ractor Leaf

4 grape fruits
½ cup powdered sugar
2 teaspoons orange curaçoa
1 teaspoon lemon juice
1 teaspoon kirsch
⅛ teaspoon salt

Remove pulp from grape gruit, add remaining ingredients, and chill

thoroughly. Serve in coupe glasses having six fresh mint leaves arranged lengthwise at equal distances around inside of each glass.

Fruit Cocktail

Remove pulp from grape fruit, and mix with shredded pineapple, bananas cut in slices and slices cut in quarters, and strawberries cut in halves, using half as much pineapple and banana as grape fruit, and allowing four strawberries to each serve. There should be two cups fruit. Pour over a dressing made of one-third cup Sherry wine, three tablespoons apricot brandy, one-half cup sugar, and a few grains salt. Chill thoroughly, serve in double cocktail glasses, and garnish with candied cherries and leaves.

Watermelon Cubes, Sherry Dressing

Cut centre of a thoroughly chilled watermelon into three-fourths-inch cubes and remove seeds. Pour over Sherry Dressing, put in jar, and let stand in ice box several hours. Arrange for individual service on green leaves, placed on a fancy plate, allowing seven cubes to each portion. If leaves are not at hand, serve in champagne glasses.

Sherry Dressing. Mix one-half cup sugar, one-half cup Sherry wine, two tablespoons sloe gin, and a few grains salt. Let stand until sugar is dissolved. The sloe gin may be omitted.

Baked Apples

Wipe and core sour apples. Put in a baking dish, and fill cavities with sugar and spice. Allow one-half cup sugar and one-fourth teaspoon cinnamon or nutmeg to eight apples. If nutmeg is used, a few drops lemon juice and few gratings from rind of lemon to each apple is an improvement. Cover bottom of dish with boiling water, and bake in a hot oven until soft, basting often with syrup in dish. Serve hot or cold with cream. Many prefer to pare apples before baking. When this is done, core before paring, that fruit may keep in shape. In the fall, when apples are at their best, do not add spices to apples, as their flavor cannot be improved; but towards spring they become somewhat tasteless, and spice is an improvement.

Belmont Baked Apples

Wipe selected red apples and make two circular cuts through skin, leaving a three-fourths-inch band around apple midway between stem

and blossom ends. Put in an earthen or graniteware baking dish, sprinkle generously with sugar, and add water to cover bottom of pan. Bake in a hot oven until soft, basting every eight minutes with syrup in pan. Remove to serving dish and pour around syrup.

Baked Sweet Apples

Wipe and core eight sweet apples. Put in a baking dish, and fill cavities with sugar, allowing one-third cup, or sweeten with molasses. Add two-thirds cup boiling water. Cover, and bake three hours in a slow oven, adding more water if necessary.

Baked Apples in Casserole

Wipe, pare, and core six medium-sized apples. Put in casserole, add one cup water and one and one-half cups sugar, and dredge with flour. Cover and cook in a slow oven one hour. Do not remove cover during the baking.

Apple Sauce

Wipe, quarter, core, and pare eight sour apples. Make a syrup by boiling seven minutes one cup sugar and one cup water with thin shaving from rind of a lemon. Remove lemon, add enough apples to cover bottom of saucepan, watch carefully during cooking, and remove as soon as soft. Continue until all are cooked. Strain remaining syrup over apples.

Spiced Apple Sauce

Wipe, quarter, core, and pare eight sour apples. Put in a saucepan, sprinkle with one cup sugar, add eight cloves, and enough water to prevent apples from burning. Cook to a mush, stirring occasionally.

Apple Ball Sauce

Wipe apples, pare, and shape into balls, using a French vegetable cutter; there should be one and one-half cups. Make a syrup by boiling one cup sugar, three-fourths cup water, six cloves, and three or four thin shavings from the rind of a lemon, seven minutes. Remove cloves and rind, add one-third of the balls, and cook until soft; repeat twice. Cook syrup until reduced one-half and pour over balls.

Apple Ginger I

Wipe, quarter, core, pare, and chop sour apples; there should be two and one-half pounds. Put in a stewpan and add one and one-half pounds light brown sugar, juice, and rind of one and one-half

lemons, one-half ounce ginger root, a few grains salt, and enough water to prevent apples from burning. Cover, and cook slowly four hours, adding water as necessary. Apple Ginger may be kept for several weeks.

Apple Ginger II

Wipe, quarter, pare, core, and finely chop sour apples; there should be ten cups. Add ten cups sugar, thin shavings from the rind of two lemons, and two two-inch pieces of ginger root. Put in preserving kettle, bring gradually to the boiling-point and let simmer, stirring frequently, until apples are transparent, the time required being from two and one-half to three hours. Great care must be taken, otherwise the mixture will burn. It is well to have the kettle placed on an asbestos mat. Turn into a crock or jelly tumblers.

Apple Porcupine

Make a syrup by boiling eight minutes one and one-half cups sugar and one and one-half cups water. Wipe, core, and pare eight apples. Put apples in syrup as soon as pared, that they may not discolor. Cook until soft, occasionally skimming syrup during cooking. Apples cook better covered with the syrup; therefore it is better to use a deep saucepan and have two cookings. Drain apples from syrup, cool, fill cavities with jelly, marmalade, or preserved fruit, and stick apples with almonds blanched and split in halves lengthwise. Serve with Cream Sauce I.

Baked Bananas I

Remove skins from six bananas, cut in halves lengthwise, and put in a glass baking dish. Mix two tablespoons melted butter, one-third cup sugar, and two tablespoons lemon juice. Baste bananas with one-half the mixture. Bake twenty minutes in a slow oven, basting during baking with remaining mixture.

Baked Bananas II

Arrange bananas in a glass baking dish, cover, and bake until skins become very dark in color. Remove from skins, and serve hot sprinkled with sugar.

Sautéed Bananas

Remove skins from bananas, cut in halves lengthwise, and again cut in halves crosswise. Dredge with flour, and sauté in clarified butter. Drain, and sprinkle with powdered sugar.

Baked Peaches

Peel, cut in halves, and remove stones from six peaches. Place in a shallow granite pan. Fill each cavity with one teaspoon sugar, one-half teaspoon butter, few drops lemon juice, and a slight grating nutmeg. Cook twenty minutes, and serve on circular pieces of buttered dry toast.

Baked Pears

Wipe, quarter, and core pears. Put in a deep pudding dish, sprinkle with sugar or add a small quantity of molasses, then add water to prevent pears from burning. Cover, and cook two or three hours in a very slow oven. Small pears may be baked whole. Seckel pears are delicious when baked.

Sautéed Pineapple

Drain canned, sliced pineapple from syrup and dry on a towel. Sauté in butter until delicately browned. Serve around roast turkey or roast chicken.

Pineapple Sauté

Empty a can of sliced pineapple into a shallow graniteware baking pan, not allowing slices to overlap one another. Place on back of range and let simmer two or three hours, when pineapple will be quite clear. Remove to serving dish and garnish centre of each with a glacéed cherry. Serve as an accompaniment to meat or game.

Baked Quinces

Wipe, quarter, core, and pare eight quinces. Put in a baking dish, sprinkle with three-fourths cup sugar, add one and one-half cups water, cover, and cook until soft in a slow oven. Quinces require a long time for cooking.

Cranberry Sauce

Pick over and wash three cups cranberries. Put in a stewpan, add one and one-fourth cups sugar and one cup boiling water, and boil ten minutes. Care must be taken that they do not boil over. Skim and cool.

Cranberry Jelly

Pick over and wash four cups cranberries. Put in a stewpan with two cups boiling water, and boil twenty minutes. Rub through a sieve and cook three minutes, add two cups sugar, and cook two minutes. Turn into a mould and chill.

Spiced Cranberry Jelly

1 quart cranberries
1 cup boiling water
2 cups sugar
½ cup cold water
2-inch piece stick cinnamon
24 whole cloves
6 allspice berries
Few grains salt

Pick over and wash berries. Add boiling water and let boil until cranberries are soft. Rub through a sieve and add remaining ingredients, except salt. Again bring to the boiling-point and let simmer fifteen minutes. Add salt, turn into a mould, and chill.

Cranberry Jelly with Celery

Pick over and wash four cups cranberries. Put in a stewpan and add two cups sugar and one cup boiling water. Bring to the boiling-point and let boil twenty minutes; then force through a strainer. When mixture begins to thicken, fold in one and one-half cups celery, cut crosswise of stalks in one-eighth-inch slices. Turn into a mould or moulds and chill. Remove from moulds and garnish with curled celery.

Cranberry Conserve

1 quart cranberries
⅔ cup cold water
⅔ cup boiling water
¼ lb. seeded raisins
½ lb. English walnut meats
1 orange
1½ lbs. sugar

Pick over and wash cranberries. Put in saucepan, add cold water, bring to the boiling-point, and let boil until the skins break. Force through a strainer and add boiling water, seeded raisins, nut meats, broken in small pieces, orange (wiped, thinly sliced, then cut in small pieces, removing seeds), and sugar. Again bring to the boiling-point and let simmer twenty minutes.

Stewed Prunes

Wash and pick over prunes. Put in a saucepan, cover with cold water, and soak two hours; then cook until soft in same water. When nearly cooked, add sugar or molasses to sweeten. Many prefer the addition of a small quantity of lemon juice.

Rhubarb Sauce

Peel and cut rhubarb in one-inch pieces. Put in a saucepan, sprinkle generously with sugar, and add enough water to prevent rhu-

barb from burning. Rhubarb contains such a large percentage of water that but little additional water is needed. Cook until soft. If rhubarb is covered with boiling water, allowed to stand five minutes, then drained and cooked, less sugar will be required. Rhubarb is sometimes baked in an earthen pudding dish. If baked slowly for a long time it has a rich red color.

Lemons Cut for Garnishing

Wash and wipe lemons, and cut in slices crosswise, sections lengthwise, fan-shaped pieces, cups, or baskets. Decorate with sprigs of parsley, parsley finely chopped, paprika, canned pimiento (cut in strips or fancy shapes), radishes sliced, or red portion of radishes, chopped or removed and cut in fancy shapes.

Fig Cups

½ lb. washed figs
Chopped salted almonds
2 tablespoons sugar
1 teaspoon lemon juice
½ cup wine

Stuff figs with almonds. Put sugar, lemon juice, and wine in saucepan; when heated, add figs, cover, and cook until figs are tender, turning and basting often.

CHAPTER XXXVII

JELLIES, JAMS, AND MARMALADES

JELLIES are made of cooked fruit juice and sugar. Where failures occur, they may usually be traced to the use of too ripe fruit.

To Prepare Glasses for Jelly. Wash glasses and put in a kettle of cold water; place on range, and heat water gradually to boiling-point. Remove glasses, and drain. Place glasses while filling on a cloth wrung out of hot water.

To Cover Jelly Glasses. Cut letter paper in circular pieces just to fit in top of glasses. Dip in brandy, and cover jelly. Put on tin covers or circular pieces of paper cut larger than the glasses, and fastened securely over the edge with mucilage. Some prefer to cover jelly with melted paraffine than to adjust covers.

To Make a Jelly Bag. Fold two opposite corners of a piece of cotton and wool flannel three-fourths yard long. Sew up in the form of a cornucopia, rounding at the end. Fell the seam to make more secure. Bind the top with tape, and furnish with two or three heavy loops by which it may be hung.

Apple Jelly

Wipe apples, remove stem and blossom ends, and cut in quarters. Put in a granite or porcelain-lined preserving kettle, and add cold water to come nearly to top of apples. Cover, and cook slowly until apples are soft; mash, and drain through a coarse sieve. Avoid squeezing apples, which makes jelly cloudy. Then allow juice to drip through a double thickness of cheesecloth or a jelly bag. Boil twenty minutes, and add three-fourths quantity of heated sugar; boil five minutes, skim, and turn in glasses. Put in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place. Porter apples make a delicious flavored jelly. If apples are pared, a much lighter jelly may be made. Gravenstein apples make a very spicy jelly

To Heat Sugar. Put in a granite dish, place in oven, leaving oven door ajar, and stir occasionally.

Mint Jelly

Wipe one peck Porter apples, remove stem and blossom ends, and cut in eighths. Put in a graniteware kettle and add two quarts cold water. Cover, bring to the boiling-point, and let simmer until apples are soft. Mash in same kettle, using a wooden potato masher, and drain through a coarse sieve. Allow juice to drip through several thicknesses of cheesecloth or a jelly bag. Return juice to saucepan, bring to the boiling-point, and let boil twenty minutes; then add an equal measure of heated sugar. Again bring to the boiling-point and let boil five minutes. Take a large bunch of fresh young mint, wash, and bruise some of the leaves slightly, by pressing between the fingers. Hold bunch in hand and pass through and through the syrup, until the desired strength of mint flavor is obtained. This process takes the last three minutes of the cooking. Add two tablespoons lemon juice and color green, using vegetable green paste. Skim and turn into jelly glasses. Put in a sunny window and let stand twenty-four hours. Cover and keep in a cool, dry place.

Rose Geranium Jelly

Follow directions for Mint Jelly, using two or three sprays of rose geranium leaves in place of mint, pink coloring in place of green, and omitting lemon juice.

Quince Jelly

Follow recipe for Apple Jelly, using quinces in place of apples, and removing seeds from fruit. Quince parings are often used for jelly, the better part of the fruit being used for canning.

Crab Apple Jelly

Follow recipe for Apple Jelly, leaving apples whole instead of cutting in quarters.

Currant Jelly

Currants are in the best condition for making jelly between June twenty-eighth and July third, and should not be picked directly after a rain. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable, and make a lighter colored jelly.

Pick over currants, but do not remove stems; wash and drain. Mash a few in the bottom of a preserving kettle, using a wooden potato masher; so continue until berries are used. Cook slowly until currants look white. Strain through a coarse strainer, then allow juice to drop through a double thickness of cheesecloth or a jelly bag. Measure, bring to boiling-point, and boil five minutes; add an equal measure of heated sugar, boil three minutes, skim, and pour into glasses. Place in a sunny window, and let stand twenty-four hours. Cover, and keep in a cool, dry place.

Currant and Raspberry Jelly

Follow recipe for Currant Jelly, using equal parts of currants and raspberries.

Blackberry Jelly

Follow recipe for Currant Jelly, using blackberries in place of currants.

Raspberry Jelly

Follow recipe for Currant Jelly, using raspberries in place of currants. Raspberry Jelly is the most critical to make, and should not be attempted if fruit is thoroughly ripe, or if it has been long picked.

Barberry Jelly

Barberry Jelly is firmer and of better color if made from fruit picked before the frost comes, while some of the berries are still green. Make same as Currant Jelly, allowing one cup water to one peck barberries.

Grape Jelly

Grapes should be picked over, washed, and stems removed before putting into a preserving kettle. Heat to boiling-point, mash, and boil thirty minutes; then proceed as for Currant Jelly. Wild grapes make the best jelly.

Green Grape Jelly

Grapes should be picked when just beginning to turn. Make same as Grape Jelly.

Venison Jelly

1 peck wild grapes
1 quart vinegar
Whole cloves, Stick cinnamon } ½ cup each
6 pounds sugar

Put first four ingredients into a preserving kettle, heat slowly to the boiling-point, and cook until grapes are soft. Strain through a double thickness of cheesecloth or a jelly bag, and boil liquid twenty minutes; then add sugar heated, and boil five minutes. Turn into glasses.

Damson Jelly

Wipe and pick over damsons; then prick several times with a large pin. Make same as Currant Jelly, using three-fourths as much sugar as fruit juice.

JAMS

Raspberries and blackberries are the fruits most often employed for making jams, and require equal weight of sugar and fruit.

Raspberry Jam

Pick over raspberries. Mash a few in the bottom of a preserving kettle, using a wooden potato masher, and so continue until the fruit is used. Heat slowly to boiling-point, and add gradually an equal quantity of heated sugar. Cook slowly forty-five minutes. Put in a stone jar or tumblers.

Blackberry Jam

Follow recipe for Raspberry Jam, using blackberries in place of raspberries.

MARMALADES

Marmalades are made of the pulp and juice of fruits with sugar.

Grape Marmalade

Pick over, wash, drain, and remove stems from grapes. Separate pulp from skins. Put pulp in preserving kettle. Heat to boiling-point, and cook slowly until seeds separate from pulp; then rub through a hair sieve. Return to kettle with skins, add an equal measure of sugar, and cook slowly thirty minutes, occasionally stirring to prevent burning. Put in a stone jar or tumblers.

Quince Marmalade

Wipe quinces, remove blossom ends, cut in quarters, remove seeds; then cut in small pieces. Put into a preserving kettle, and add enough

water to nearly cover. Cook slowly until soft. Rub through a hair sieve, and add three-fourths its measure of heated sugar. Cook slowly twenty minutes, stirring occasionally to prevent burning. Put in tumblers.

Orange Marmalade I

Select sour, smooth-skinned oranges. Weigh oranges, and allow three-fourths their weight in cut sugar. Remove peel from oranges in quarters. Cook peel until soft in enough boiling water to cover; drain, remove white part from peel by scraping it with a spoon. Cut thin yellow rind in strips, using a pair of scissors. This is more quickly accomplished by cutting through two or three pieces at a time. Divide oranges in sections, remove seeds and tough part of the skin. Put into a preserving kettle and heat to boiling-point, add sugar gradually, and cook slowly one hour; add rind, and cook one hour longer. Turn into glasses.

Orange Marmalade II

Slice nine oranges and six lemons crosswise with a sharp knife as thinly as possible, remove seeds, and put in a preserving kettle with four quarts water. Cover, and let stand thirty-six hours; then boil for two hours, add eight pounds sugar, and boil one hour longer.

Orange Marmalade III

3 oranges	11 cups cold water
1 lemon	4 pounds sugar

Wipe fruit, cut in halves crosswise; remove seeds and put through a meat chopper. Put in preserving kettle, add water, cover, and let stand twenty-four hours. Place on range, bring to the boiling-point, and let simmer one and one-half hours. Add sugar and again let stand twenty-four hours. Again bring to the boiling-point and let simmer one and one-half hours.

Orange and Rhubarb Marmalade

Remove peel in quarters from eight oranges and prepare as for Orange Marmalade. Divide oranges in sections, remove seeds and tough part of skin. Put into a preserving kettle, add five pounds rhubarb, skinned and cut in one-half-inch pieces. Heat to boiling-

point, and boil one-half hour; then add four pounds cut sugar and cut rind. Cook slowly two hours. Turn into glasses.

Quince Honey

Pare and grate five large quinces. To one pint boiling water add five pounds sugar. Stir over fire until sugar is dissolved, add quince, and cook fifteen or twenty minutes. Turn into glasses. When cold it should be about the color and consistency of honey.

Peach Conserve

1 pound dried skinned peaches
1 quart cold water
1 cup raisins
½ lb. English walnut meats
Juice 1 lemon
Juice 1 orange
1 whole orange
1 lb. sugar

Add cold water to peaches, cover, and let stand over night. In the morning add raisins, seeded, and cut in pieces, nut meats, cut in pieces, fruit juices, orange, cut in thin slices (removing seeds), and sugar. Bring to boiling-point and let simmer one and one-quarter hours, stirring occasionally to prevent burning.

Rhubarb Conserve

4 pounds rhubarb
5 pounds sugar
1 pound seeded raisins
2 oranges
1 lemon

Wash and peel stalks of rhubarb and cut in one-inch pieces. Put in kettle, sprinkle with sugar, and add raisins and grated rind and juice of oranges and lemon. Mix, cover, and let stand one-half hour. Place on range, bring to boiling-point, and let simmer forty-five minutes, stirring almost constantly. Fill jelly glasses with mixture, cool, and seal.

Plum Gumbo

5 pounds plums
2 pounds seeded raisins
3 oranges
5 pounds sugar

Wipe plums, remove stones, and cut in pieces. Force raisins through a meat chopper or chop. Wipe oranges, and cut in thin slices crosswise, removing seeds. Put fruit in preserving kettle, add sugar, bring to boiling-point, and let simmer until of the consistency of a marmalade. Fill jelly glasses with mixture, cool, and seal.

Pickled Lime Marmalade

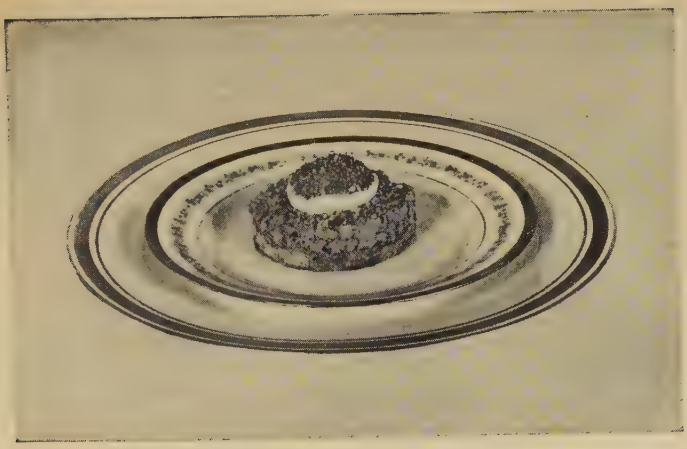
12 medium-sized green tomatoes
12 selected pickled limes
6 cups sugar

Wipe tomatoes and drain limes; then force through a meat chopper. Put in saucepan, add sugar, bring to the boiling-point, and let simmer three hours. Turn into glasses and seal.

Grape Fruit Marmalade

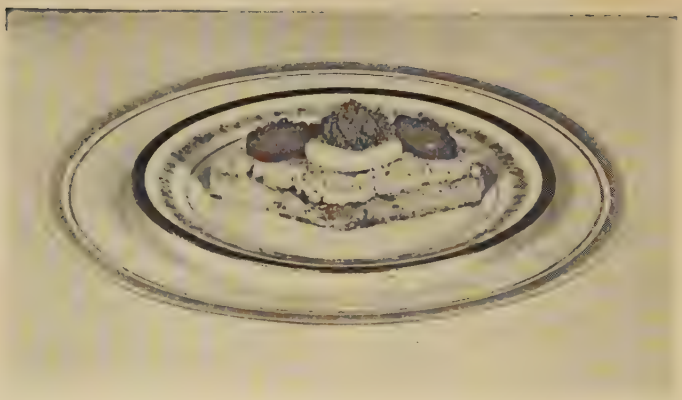
1 grape fruit
1 orange
1 lemon
Water
Sugar

Wipe fruit and slice very thinly, rejecting only seeds and core of grape fruit. Measure, and add three times the quantity of water. Let stand in an earthen dish over night, and next morning let boil ten minutes. Leave until next day, then boil two hours. Measure, add an equal amount of sugar, and boil, stirring occasionally, that it may not burn, about one hour. Pour into sterile glasses; let stand covered with cheesecloth, until firm, then cover with melted paraffine.



Lobster Canapé. — *Page 696.*

Jelly Bag and other necessary Utensils for Jelly Making.
Page 712.



Canapé Martha. — *Page 696.*

Fruit Cocktail. — *Page 706.*

CHAPTER XXXVIII

THE CANNING OF FRUITS AND VEGETABLES

BY THE OPEN KETTLE METHOD

(Used principally for fruits)

Directions

FRUIT for canning should be fresh, firm, of good quality, and not over-ripe; if over-ripe, some of the spores may survive the boiling, then fermentation will take place in a short time.

For canning fruit, allow one-third its weight in sugar, and two and one-half to three cups water to each pound of sugar. Boil sugar and water ten minutes to make a thin syrup; then cook a small quantity of the fruit at a time in the syrup; by so doing, fruit may be kept in perfect shape. Hard fruits, like pineapple and quince, are cooked in boiling water until nearly soft, then put in syrup to finish cooking. Sterilized jars are then filled with fruit, and enough syrup added to overflow jars. If there is not sufficient syrup, add boiling water, as jars must be filled to overflow. Introduce a spoon between fruit and jar, that air bubbles may rise to the top and break; then quickly put on rubbers and screw on sterilized covers. Let stand until cold, again screw covers, being sure this time that jars are air-tight. While filling jars, place them on a cloth wrung out of hot water.

To Sterilize Jars

Wash jars and fill with cold water. Set in a kettle on a trivet, and surround with cold water. Heat gradually to boiling-point, remove from water, empty, and fill while hot. Put covers in hot water and let stand five minutes. Dip rubber bands in hot water, but do not allow them to stand. New rubbers should be used each season, and care must be taken that rims of covers are not bent, as jars cannot then be hermetically sealed.

Canned Porter Apples

Wipe, quarter, core, and pare Porter apples, then weigh. Make a syrup by boiling for ten minutes one-third their weight in sugar with

water, allowing two and one-half cups to each pound of sugar. Cook apples in syrup until soft, doing a few at a time. Fill jars, following Directions for Canning.

Canned Peaches

Wipe peaches and put in boiling water, allowing them to stand just long enough to easily loosen skins. Remove skins and cook fruit at once, that it may not discolor, following Directions for Canning. Some prefer to pare peaches, sprinkle with sugar, and let stand over night. In morning drain, add water to fruit syrup, bring to boiling-point, and then cook fruit. Peaches may be cut in halves, or smaller pieces if desired.

Canned Pears

Wipe and pare fruit. Cook whole with stems left on, or remove stems, cut in quarters, and core. Follow Directions for Canning. A small piece of ginger root or a few slicings of lemon rind may be cooked with syrup. Bartlett pears are the best for canning.

Canned Pineapples

Remove skin and eyes from pineapples; then cut in half-inch slices, and slices in cubes, at the same time discarding the core. Follow Directions for Canning. Pineapples may be shredded and cooked in one-half their weight of sugar without water, and then put in jars. When put up in this way they are useful for the making of sherbets and fancy desserts.

Canned Quinces

Wipe, quarter, core, and pare quinces. Follow Directions for Canning. Quinces may be cooked with an equal weight of sweet apples wiped, quartered, cored, and pared; in this case use no extra sugar for apples.

Canned Cherries

Use large white or red cherries. Wash, remove stems, then follow Directions for Canning.

Canned Huckleberries

Pick over and wash berries, then put in a preserving kettle with a small quantity of water to prevent berries from burning. Cook until soft, stirring occasionally, and put in jars. No sugar is required, but a sprinkling of salt is an agreeable addition.

Canned Rhubarb

Pare rhubarb and cut in one-inch pieces. Pack in a jar, put under cold water faucet, and let water run twenty minutes, then screw on cover. Rhubarb canned in this way has often been known to keep a year.

Canned Tomatoes

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Cut in pieces and cook until thoroughly scalded; skim often during cooking. Fill jars, following directions given.

Damson Preserves

Wipe damsons with a piece of cheesecloth wrung out of cold water, and prick each fruit five or six times, using a large needle; then weigh. Make a syrup by boiling three-fourths their weight in sugar with water, allowing one cup to each pound of sugar. As soon as syrup reaches boiling-point, skim, and add plums, a few at a time, that fruit may better keep in shape during cooking. Cook until soft. It is well to use two kettles, that work may be more quickly done, and syrup need not cook too long a time. Put into glass or stone jars.

Strawberry Preserves

Pick over, wash, drain, and hull strawberries; then weigh. Fill glass jars with berries. Make a syrup same as for Damson Preserve, cooking the syrup fifteen minutes. Add syrup to overflow jars; let stand fifteen minutes, when fruit will have shrunk, and more fruit must be added to fill jars. Screw on covers, put on a trivet in a kettle of cold water, heat water to boiling-point, and keep just below boiling-point one hour.

Raspberries may be preserved in the same way.

Preserved Strawberries

Wipe, pick over, and hull berries. Put in a preserving kettle and add an equal measure of sugar. Bring to the boiling-point and let boil until fruit juice will jell when a teaspoonful is cooled on a saucer. Fill preserving jars and seal.

Pear Chips

8 lbs. pears	¼ lb. Canton ginger
4 lbs. sugar	4 lemons

Wipe pears, remove stems, quarter, and core; then cut in small

pieces. Add sugar and ginger, and let stand over night. In the morning add lemons cut in small pieces, rejecting seeds, and cook slowly three hours. Put into a stone jar.

Raspberry and Currant Preserve

6 lbs. currants 6 lbs. sugar
8 quarts raspberries

Pick over, wash, and drain currants. Put into a preserving kettle, adding a few at a time, and mash. Cook one hour, strain through double thickness of cheesecloth. Return to kettle, add sugar, heat to boiling-point, and cook slowly twenty minutes. Add one quart raspberries when syrup again reaches boiling-point, skim out raspberries, put in jar, and repeat until raspberries are used. Fill jars to overflowing with syrup, and screw on tops.

Raspberry Syrup

2 quarts raspberries 1 quart sugar
¾ cup cold water

Pick over and mash raspberries, sprinkle with sugar, cover, and let stand over night. In the morning add water, bring slowly to the boiling-point, and cook twenty minutes. Force through a double thickness of cheesecloth, again bring to the boiling-point, fill small glass jars to overflow, and adjust covers. To use as a foundation for beverages or raspberry ice or for sauces to accompany hot, cold, or frozen desserts.

Brandied Peaches

1 peck peaches Half their weight in sugar
1 quart high-proof alcohol or brandy

Remove skins from peaches, and put alternate layers of peaches and sugar in a stone jar; then add alcohol. Cover closely, having a heavy piece of cloth under cover of jar.

Tutti-Frutti

Put one pint brandy into a stone jar, add the various fruits as they come into market; to each quart of fruit add the same quantity of sugar, and stir the mixture each morning until all the fruit has been added. Raspberries, strawberries, apricots, peaches, cherries, and pineapples are the best to use.

Canned Red Peppers

Wash one peck red peppers, cut a slice from stem end of each, and remove seeds; then cut in thin strips by working around and around the peppers, using scissors or a sharp vegetable knife. Cover with boiling water, let stand two minutes, drain, and plunge into ice water. Let stand ten minutes, again drain, and pack solidly into pint glass jars. Boil one quart vinegar and two cups sugar fifteen minutes. Pour over peppers to overflow jars, cover, and keep in a cold place.

Preserved Melon Rind

Pare and cut in strips the rind of ripe melons. Soak in alum water to cover, allowing two teaspoons powdered alum to each quart of water. Heat gradually to boiling-point and cook slowly ten minutes. Drain, cover with ice water, and let stand two hours; again drain, and dry between towels. Weigh, allow one pound sugar to each pound of fruit, and one cup water to each pound of sugar. Boil sugar and water ten minutes. Add melon rind, and cook until tender. Remove rind to a stone jar, and cover with syrup. Two lemons cut in slices may be cooked ten minutes in the syrup.

Tomato Preserves

1 lb. yellow pear tomatoes	2 ozs. preserved Canton ginger
1 lb. sugar	2 lemons

Wipe tomatoes, cover with boiling water, and let stand until skins may be easily removed. Add sugar, cover, and let stand over night. In the morning pour off syrup and boil until quite thick; skim, then add tomatoes, ginger, and lemons which have been sliced and the seeds removed. Cook until tomatoes have a clarified appearance.

BY THE COLD PACK METHOD

The Cold Pack Method is so named because the product is cool when packed into its container. Fruits and vegetables canned by the Cold Pack Method are properly selected and prepared, then sterilized a required length of time in their containers.

There are thirteen distinct steps in the process:

1. Grade product. (By product is meant the article to be canned.)
2. Prepare product.
3. Wash product.
4. Blanch vegetables and hard fruits by boiling, scalding, or steaming. Do not blanch berries or soft fruits.

5. Plunge product in cold water. This is called the " cold dip."
6. Pack in jars.
7. To fruits add syrup; to vegetables add hot water and salt.
8. Adjust rubbers and covers.
9. Partially tighten covers.
10. Sterilize or " process " product required length of time.
11. Remove jar from boiling water.
12. Tighten cover of jar.
13. Invert jar to cool.

Explanation of Steps in the Cold Pack Process

Grading. Fruit and vegetables should be fresh, free from decay, and as nearly uniform in shape and state of ripeness as is possible. Wilted fruits or vegetables cannot be guaranteed to keep. Use imperfect fruit for jams. Can vegetables as soon as picked and fruit the same day as picked.

Preparation of Vegetables. Vegetables to be canned are prepared in the same way as when cooked for the table. When the can is opened, the contents will be ready to use.

Washing. Vegetables are in danger of spoiling if dirt or foreign substances of any kind remain on them. They must be thoroughly cleaned by washing or wiping before being blanched.

Blanching. Blanching is the term used to designate the process of short cooking before the product is put into its container. To blanch the fruit or vegetable place a quantity sufficient to fill one jar in a wire basket, plunge into a large kettle of boiling water, and leave the length of time required in the time-table for blanching. Use a square yard of cheesecloth with opposite corners tied, if wire basket is not at hand. Minutes are counted from the time the water begins to boil after the product is put into it. Be sure that the water reaches all parts of the product.

If the blanching kettle is filled with fruit, the water becomes chilled and takes so long to come again to the boiling-point that the fruit becomes soft before it is heated through, while the juices of the vegetables are drawn out in the water. Therefore, plunge only a small amount of fruit and vegetables at a time.

In steaming, the product is heated by steam but is not immersed in water.

In scalding, the product is plunged into the water. The minutes

are counted from the time it is immersed without waiting for the water to come to the boiling-point. Scalding loosens the skins of fruit and vegetables that have to be peeled.

Blanching removes any foreign matter that escaped the washing, and any strong flavor that might be undesirable in the cooked product, and makes it possible to sterilize vegetables in one period of cooking. Vegetables not blanched require three periods of cooking on three successive days.

Cold Dip. Immediately upon removing product from boiling water or steam used in blanching, plunge it into cold water, lifting it up and down in the water three times; then drain. Use plenty of water and have it cold. Never allow product to soak in water. The cold dip helps to keep product in shape during sterilization, and makes it easier to remove skins and to handle product while packing in jars.

Packing in Jars. Any jar or can that is clean and can be made air-tight may be used. Large-mouthed, clear glass jars are to be preferred for home use, as they are easy to fill and can be used again and again. First warm the jars by rinsing them in hot water and let stand in hot water until used. Pack product firmly and closely, leaving no open spaces, but being careful that product is not jammed or crushed. Arrange products so that they will look well through the glass. Pack jars and put in sterilizer one at a time.

Adding Syrup or Hot Water. Fill jars to within half an inch of top with boiling liquid, pouring it slowly to avoid breaking. For vegetables, except tomatoes, use boiling water and allow one teaspoon of salt to each quart jar. For tomatoes use tomato juice and no water. For fruits, make a syrup by boiling two parts water with three parts sugar. This may be boiled only long enough to dissolve the sugar, if fruit needs very little sweetening; or to a very thick syrup for rich preserves. For unsweetened fruits use only water or fruit juice and no sugar.

Cut spinach or other greens diagonally with a knife after they are in the jar, so that water can reach centre of greens in jar.

Any air space remaining at top of jar will be sterilized and can make no trouble.

Adjusting Rubber and Cover. When jars are packed, put on the rubbers. These must be new each year, and tested. If a rubber comes back to its original size after being stretched, it is right for use; if it remains enlarged, discard it. It is imperative that rubbers

be elastic and tight. Covers and jar tops must be smooth and fit correctly.

Partially Tighten Covers. Put on the covers and partially tighten. Leave the lower lever of jar up and do not quite complete turning screws of screw-top jars. If the cover is put on perfectly tight there will be no room for expansion, and breakage is liable to occur.

Sterilizing or Processing. To sterilize, slowly lower the product in its can, top up, in a kettle or boiler of boiling water; then add water to cover the jars two inches over the top. Bring the water to the boiling-point and keep boiling the length of time given on the time-table for sterilizing the product being canned. A rack in the bottom of the kettle is necessary to keep the cans from resting directly on the bottom, or individual wire holders can be used. Keep the water boiling constantly during the sterilizing process.

Removing Jars. A wire holder with handle for each jar is convenient to use. If they are not at hand, lift jars from boiling water with a long-handled skimmer, or spring fork.

Tighten the Cover. Tighten the cover immediately.

Inverting Jars. Place jars upside down on a cloth, allowing space between jars. Keep protected from drafts. A draft in the kitchen causes more breaks than anything else. If a can shows signs of fermentation after two or three days, loosen the covers and sterilize again for a short time.

TIME-TABLES

Time-table for Blanching and Sterilizing Vegetables and Greens

Product	*Blanch*	*Size of Can*	*Time for Cooking*
Beans	5 minutes	pint or quart	3 hours
Beets	6 minutes	quart	1½ hours
Carrots	5 minutes	quart	1½ hours
Corn	5–10 minutes	pint or quart	4 hours
Greens	10 minutes	quart	2 hours
Parsnips	5 minutes	quart	1½ hours
Peas	5 minutes	pint	3 hours
Pumpkin	5 minutes	quart	2 hours
Squash	5 minutes	quart	2 hours
Succotash	(as for corn and beans)	pint or quart	3 hours
Sweet Peppers	5–10 minutes		2 hours
Swiss Chard	10 minutes	quart	2 hours
Turnips	6 minutes	quart	1½ hours

Time-table for Scalding and Sterilizing Vegetables

Product	*Scald*	*Size of Can*	*Time for Cooking*
Asparagus	5–10 minutes	pint or quart	1 hour
Tomatoes	1–2 minutes	pint or quart	22 minutes
Vegetable combinations			2 hours

Time-table for Scalding and Sterilizing Fruits

Product	*Scald*	*Size of Can*	*Time for Cooking*
Peaches	1–2 minutes	pint or quart	16 minutes
Plums	1–2 minutes	pint	16 minutes
Quinces	2 minutes	quart	30 minutes
Pineapples	5 minutes	pint or quart	30 minutes
Crab Apples	1–2 minutes	pint	20 minutes
Apples, Whole	2 minutes	quart	16 minutes
Apples, Sliced	2 minutes	quart	12 minutes
Fruit without Sugar Syrup			30 minutes

Time-table for Sterilizing Berries and Soft Fruits that do not Require Blanching

Product	*Size of Can*	*Time for Cooking*
Blackberries	pint or quart	16 minutes
Blueberries	pint	16 minutes
Cherries	pint	16 minutes
Currants	pint	16 minutes
Dewberries	pint or quart	16 minutes
Grapes (Grape Juice)	pint	16 minutes
Gooseberries	pint	16 minutes
Huckleberries	pint	16 minutes
Pears	pint	20 minutes
Raspberries	pint or quart	16 minutes
Rhubarb	quart	15 minutes
Strawberries	quart	16 minutes

Size of Can. Where time is given for cooking pint jar, add a few minutes for a quart jar. Jars must be covered with water.

Variation in Time. The time will vary somewhat, according to the condition of the fruit.

CHAPTER XXXIX

PICKLING

PICKLING is preserving in any salt or acid liquor.

Spiced Currants

7 lbs. currants
5 lbs. brown sugar
3 tablespoons cinnamon
3 tablespoons clove
1 pint vinegar

Pick over currants, wash, drain, and remove stems. Put in a preserving kettle, add sugar, vinegar, and spices tied in a piece of muslin. Heat to boiling-point, and cook slowly one and one-half hours. Store in a stone jar and keep in a cool place.

Sweet Pickled Peaches

½ peck peaches
2 lbs. brown sugar
1 pint vinegar
1 oz. stick cinnamon
Cloves

Boil sugar, vinegar, and cinnamon twenty minutes. Dip peaches quickly in hot water, then rub off the fur with a towel. Stick each peach with four cloves. Put into syrup, and cook until soft, using one-half peaches at a time.

Sweet Pickled Pears

Follow recipe for Sweet Pickled Peaches, using pears in place of peaches.

Beet Relish

1 cup chopped cold cooked beets
3 tablespoons grated horseradish root
2 tablespoons lemon juice
2 teaspoons powdered sugar
1 teaspoon salt

Mix ingredients in order given. Canned beets may be used in place of fresh ones, and bottled horseradish if of strong flavor and well drained.

Celery Relish

1½ cups chopped celery
4 teaspoons powdered sugar
1 teaspoon salt
½ teaspoon mustard
¼ cup vinegar

Mix ingredients in order given. Cover and let stand in a cold place one and one-half hours. Drain off the liquid before serving. When preparing celery include some of the small tender leaves.

Tomato and Celery Relish

1 onion
1 large green pepper
1 large bunch celery
2½ cups canned or fresh tomatoes
} finely chopped
1 tablespoon salt
2 tablespoons sugar
2 allspice berries
⅔ cup vinegar

Mix ingredients, heat gradually to the boiling-point, and cook slowly one and one-half hours. Cayenne or mustard may be added if liked more highly seasoned.

Apple Catsup

Wipe, quarter, pare, and core twelve sour apples. Put in a saucepan, cover with boiling water, bring to the boiling-point, and let simmer until soft, when nearly all the water should be evaporated; then rub through a sieve. To each quart of apple pulp add the following mixture:

Mix one cup sugar, one teaspoon pepper, one teaspoon cloves, one teaspoon mustard, two teaspoons cinnamon, and one tablespoon salt; then add two finely chopped onions and two cups cider vinegar. Bring the apple pulp, to which the mixture has been added, to the boiling-point and let simmer one hour. Bottle, cork, and seal while hot.

Gooseberry Catsup

5 pounds gooseberries
4 pounds sugar
2 cups cider vinegar
1½ tablespoons cinnamon
1 tablespoon clove
1 tablespoon allspice

Pick over, wash, and drain gooseberries. Put in kettle and add sugar, vinegar, and spices. Bring to boiling-point and let simmer two hours. Fill bottles and seal.

Grape Catsup

Pick over, wash, drain, and remove stems from grapes. Put in a preserving kettle, add cold water to barely cover, bring to the boiling-

point, and let simmer until fruit is soft; then press through a sieve, discarding skins and seeds. Put ten pounds of the fruit pulp in a preserving kettle and add five pounds sugar, two quarts vinegar, one tablespoon cinnamon, one tablespoon allspice, two tablespoons clove, and one grated nutmeg. Bring to the boiling-point and let simmer until reduced to the consistency of a catsup. Fill bottles to overflowing, adjust stoppers, and seal.

Spiced Rhubarb

2½ pounds rhubarb
2 pounds sugar
⅞ cup vinegar
1 teaspoon cinnamon
½ teaspoon clove

Wipe rhubarb, skin, and cut stalks in one-inch pieces. Put in preserve kettle, add remaining ingredients, bring to boiling-point, and let simmer until of the consistency of a marmalade. Fill jelly glasses with mixture, cool, and seal.

Gooseberry Relish

5 cups gooseberries
1½ cups raisins
1 onion
1 cup brown sugar
3 tablespoons mustard
3 tablespoons ginger
3 tablespoons salt
¼ teaspoon cayenne
1 teaspoon turmeric
1 quart vinegar

Pick over, wash, and drain gooseberries. Add raisins (from which seeds have been removed) and onion, peeled and sliced. Chop or force through a meat chopper, put in preserving kettle, and add sugar, mustard, ginger, salt, cayenne, and turmeric. Pour over vinegar, bring slowly to boiling-point, and let simmer forty-five minutes. Strain through a coarse sieve, fill bottles with mixture, and seal.

Sweet Crab Apple Pickle

3 pounds crab apples
2 cups cider vinegar
1 cup sugar
1½ teaspoons cloves
1½ teaspoons allspice berries
1½ teaspoons black pepper
1½ teaspoons ginger

Wipe crab apples, remove stems, and steam until soft. Tie spices in muslin bag, put in preserving kettle, add vinegar, sugar, and apples, bring gradually to boiling-point, and let simmer twenty minutes.

Corn Relish

1½ dozen ears corn	2 cups sugar
1 small cabbage	1 cup flour
1 bunch celery	½ cup salt
4 onions	½ teaspoon mustard
2 green peppers	¼ teaspoon cayenne
2 quarts vinegar	½ teaspoon turmeric

Cut corn from cob. Force cabbage through a meat chopper. Separate celery stalks, remove leaves, and chop. Peel onions and cut in thin slices. Wipe peppers and chop. Put vegetables in preserving kettle and pour over one-half of the vinegar. Mix sugar, flour, salt, mustard, cayenne, and turmeric and add remaining vinegar. Combine mixtures, bring to boiling-point, and let simmer forty minutes. Fill glass jars and seal.

Spiced Celery

6 bunches celery	1 teaspoon mustard
15 tomatoes	1 teaspoon clove
1 red pepper	1 teaspoon allspice
2 cups sugar	1 teaspoon cinnamon
2 tablespoons salt	1 teaspoon celery seed

1½ cups vinegar

Cut off roots and leaves of celery, separate stalks, and chop. Wipe, peel, and chop tomatoes. Wipe and chop pepper. Mix dry ingredients and add vinegar. Combine mixtures, put in preserving kettle, bring to boiling-point, and let simmer one and one-half hours. Fill jars to overflow and adjust covers.

Souri

Wipe one peck green tomatoes and cut in thin slices; peel one quart onions and cut in thin slices. Sprinkle alternate layers of tomatoes and onions with one cup salt. Cover and let stand over night. In the morning drain thoroughly, put in a preserving kettle, and add four green peppers, finely chopped, six cups brown sugar, six tablespoons celery seed, six tablespoons mustard seed, and one-half ounce, each, cloves, stick cinnamon, and allspice berries tied in a muslin bag. Add vinegar to just cover mixture, bring to the boiling-point and let simmer two hours.

This may be given a very fresh taste by adding a small quantity of celery, cut in small pieces, whenever it is served.

Pepper Relish I

12 green bell peppers
12 red bell peppers
3 onions
3 tablespoons salt
2 cups sugar
1 quart vinegar

Wipe peppers, cut in halves lengthwise, and remove seeds. Pare onions, add to peppers, and force through a meat chopper. Put in kettle, cover with boiling water, and let stand ten minutes; drain, again cover with boiling water, bring to the boiling-point, and let stand ten minutes. Drain as dry as possible, return to kettle, add remaining ingredients, bring to the boiling-point, and let simmer fifteen minutes.

Pepper Relish II

1 peck red peppers
2 cups cold water
1 cup salt
2 cups vinegar
1 cup brown sugar
½ cup white mustard seed

Wipe peppers, cut in halves, remove seeds, and put through meat chopper. Put in kettle and add water and salt; cover and let stand over night. In the morning drain and pour over vinegar, sugar, and mustard seed which have been brought to the boiling-point and boiled two minutes. Fill jars to overflow and adjust covers.

Chili Sauce I

12 medium-sized ripe tomatoes
1 pepper, finely chopped
1 onion, finely chopped
2 cups vinegar
3 tablespoons sugar
1 tablespoon salt
2 teaspoons clove
2 teaspoons cinnamon
2 teaspoons allspice
2 teaspoons grated nutmeg

Peel tomatoes and slice. Put in a preserving kettle with remaining ingredients. Heat gradually to boiling-point, and cook slowly two and one-half hours.

Chili Sauce II

12 medium-sized tomatoes
4 onions
2 red peppers
2 tablespoons salt
2 tablespoons celery seed
¼ cup brown sugar
2 cups vinegar

Wipe and peel tomatoes and cut in one-fourth-inch slices, crosswise. Put in preserving kettle and add onions, peeled and chopped, peppers, chopped, and remaining ingredients. Bring to the boiling-point and let simmer three hours.

Bottled Tomato Sauce

12 large tomatoes
3 bunches celery
4 green peppers
2 onions
2 tablespoons salt
2 tablespoons sugar
3 cups vinegar

Peel and chop tomatoes and onions, put in kettle and add celery (from which root and leaves have been removed) and peppers, both finely chopped, and remaining ingredients. Bring to boiling-point and let simmer one and one-half hours. Fill bottles with mixture, cork, and seal.

Ripe Tomato Pickle

3 pints tomatoes, peeled and chopped
1 cup chopped celery
4 tablespoons chopped red pepper
4 tablespoons chopped onion
4 tablespoons salt
6 tablespoons sugar
6 tablespoons mustard seed
½ teaspoon clove
½ teaspoon cinnamon
1 teaspoon grated nutmeg
2 cups vinegar

Mix ingredients in order given. Put in a stone jar and cover. This uncooked mixture must stand a week before using, but may be kept a year.

Ripe Cucumber Pickle

Cut cucumbers in halves lengthwise. Cover with alum water, allowing two teaspoons powdered alum to each quart of water. Heat gradually to boiling-point, then let stand on back of range two hours. Remove from alum water and chill in ice water. Make a syrup by boiling five minutes two pounds sugar, one pint vinegar, with two tablespoons each of whole cloves and stick cinnamon tied in a piece of muslin. Add cucumbers and cook ten minutes. Remove cucumbers to a stone jar, and pour over the syrup. Scald syrup three successive mornings, and return to cucumbers.

Unripe Cucumber Pickles (Gherkins)

Wipe four quarts small unripe cucumbers. Put in a stone jar and add one cup salt dissolved in two quarts boiling water, and let stand three days. Drain cucumbers from brine, bring brine to boiling-point, pour over cucumbers, and again let stand three days; repeat. Drain, wipe cucumbers, and pour over one gallon boiling water in which one tablespoon alum has been dissolved. Let stand six hours, then drain from alum water. Cook cucumbers ten minutes, a few

at a time, in one-fourth the following mixture heated to the boiling-point and boiled ten minutes: —

1 gallon vinegar
2 sticks cinnamon
4 red peppers
2 tablespoons allspice berries
2 tablespoons cloves

Strain remaining liquor over pickles which have been put in a stone jar.

Chopped Pickles

4 quarts chopped green tomatoes
¾ cup salt
2 teaspoons pepper
3 teaspoons mustard
3 teaspoons cinnamon
3 teaspoons allspice
3 teaspoons cloves
½ cup white mustard seed
4 green peppers, sliced
2 chopped onions
2 quarts vinegar

Add salt to tomatoes, cover, let stand twenty-four hours, and drain. Add spices to vinegar, and heat to boiling-point; then add tomatoes, peppers, and onions, bring to boiling-point, and cook fifteen minutes after boiling-point is reached. Store in a stone jar and keep in a cool place.

Spanish Pickles

1 peck green tomatoes, thinly sliced
4 onions, thinly sliced
1 cup salt
½ oz. cloves
½ oz. allspice berries
½ oz. peppercorns
½ cup brown mustard seed
1 lb. brown sugar
4 green peppers, finely chopped
Cider vinegar

Sprinkle alternate layers of tomatoes and onions with salt, and let stand over night. In the morning drain, and put in a preserving kettle, adding remaining ingredients, using enough vinegar to cover all. Heat gradually to boiling-point and boil one-half hour.

Green Sliced Cucumber Pickles
(Uncooked)

2 dozen 6-inch cucumbers
2 quarts boiling water
1½ cups salt
1 cup olive oil
¼ pound white mustard seed
¼ pound black mustard seed
6 cups vinegar

Wipe and thinly slice cucumbers without paring. Cover with a brine, made of water and salt, and let stand over night.

Drain thoroughly and put in a crock. Mix remaining ingredients, and pour over cucumbers. Stir frequently.

Piccalilli

½ bushel green tomatoes
½ peck green peppers
½ peck onions
2 medium-sized cabbages
1½ cups salt
3 pounds brown sugar
2 ounces white mustard seed
6 ounces stick cinnamon
3 ounces cloves
2 ounces allspice berries
Vinegar

Wash tomatoes and peppers, peel onions, and cut cabbages in quarters. Put the vegetables, separately, through a meat chopper, using a large knife. Sprinkle alternate layers of vegetables with salt, cover, and let stand over night. In the morning drain, add sugar, mustard seed, and the remaining spices, tied in a bag made of muslin or cheesecloth. Pour over vinegar just to cover vegetables, bring to the boiling-point, and let simmer six hours. Remove spice bag, fill glass jars with mixture, and adjust covers.

Allerton Pickles

3 pints tomato pulp
1 cup chopped celery
4 tablespoons chopped red pepper
4 tablespoons chopped onion
4 tablespoons salt
6 tablespoons sugar
6 tablespoons mustard seed
1 tablespoon grated nutmeg
1 teaspoon cinnamon
½ teaspoon clove
2 cups vinegar

Wipe, peel, and chop ripe tomatoes; there should be three pints. Add remaining ingredients and stir until thoroughly blended. Put in a stone jar and cover. Let stand at least one week before using. This uncooked mixture will keep six months.

Chowchow I

2 quarts small green tomatoes
12 small cucumbers
3 red peppers
1 cauliflower
2 bunches celery
1 pint small onions
2 quarts string beans
¼ lb. mustard seed
2 oz. turmeric
½ oz. allspice
½ oz. pepper
½ oz. clove
Salt
1 gallon vinegar

Prepare vegetables and cut in small pieces, cover with salt, let stand twenty-four hours, and drain. Heat vinegar and spices to boiling-point, add vegetables, and cook until soft.

Chowchow II

Peel one quart tiny white onions and add one quart small cucumbers, two heads cauliflower, separated into flowerets, and two green peppers, thinly sliced. Cover with brine (allowing one and one-half cups salt to two quarts boiling water) and let stand over night. In the morning drain thoroughly, add fresh brine, bring to the boiling-point, and let simmer until vegetables are soft, then drain thoroughly. Mix six tablespoons mustard, three tablespoons flour, one tablespoon curry powder, and two-thirds cup sugar. Moisten to a smooth paste with cold vinegar, and add to two and one-half cups vinegar, brought to the boiling-point. Cook, stirring constantly at first and afterward occasionally, until mixture thickens; then add drained vegetables and let simmer ten minutes. Store in glass jars.

Petersham Chowchow

2 quarts green tomatoes
1 bunch celery
6 green peppers
1 quart button onions
1 cauliflower
2 cups salt
3 quarts water
1 cup flour
8 tablespoons mustard
1 tablespoon turmeric
1 cup sugar
5 cups vinegar

Wipe tomatoes and cut in eighths. Scrape celery and cut in three-fourths-inch slices, crosswise. Wipe peppers and cut in pieces. Peel onions, separate cauliflower in flowerets, cover with boiling water, let boil three minutes, and drain. Mix tomatoes, celery, peppers, onions, and cauliflower and pour over brine, made of salt and water. Let stand over night; in the morning bring to the boiling-point in the same brine and let boil until vegetables are tender; then drain. Mix flour, mustard, and turmeric and add cold vinegar slowly to make a smooth paste; then add sugar and remaining vinegar. Cook over hot water until mixture thickens, stirring constantly at first and afterwards occasionally. Add drained vegetables to mixture and cook until thoroughly heated.

Mustard Pickles

Wipe four quarts small cucumbers, put in a preserving kettle and add three large cucumbers, cut in pieces, one quart green tomatoes, wiped and cut in slices, four small onions, peeled and cut in slices, four green peppers, wiped and cut in slices, one bunch of celery, chopped, and one cauliflower, separated into flowerets. Add one

gallon boiling water, to which has been added one pint salt; cover and let stand over night. In the morning bring to the boiling-point and let simmer until the vegetables are tender; then drain. Mix one cup flour, one cup sugar, six tablespoons mustard, and one tablespoon turmeric powder; then add slowly, while stirring constantly, enough vinegar to make a paste. Stir into two quarts vinegar, brought to the boiling-point, add two tablespoons celery seed, and let boil five minutes. Add the drained vegetables, again bring to the boiling-point, and let boil fifteen minutes.

Dutch Salad

1 quart green tomatoes
¼ cup salt
2 quarts small pickling cucumbers
1 quart small onions
1 small white cabbage
2 cauliflowers
9 green peppers
Boiling water
3 tablespoons salt
Dutch Dressing

Wipe and thinly slice tomatoes. Arrange in layers, sprinkling each with salt, cover, and let stand over night. In the morning drain thoroughly and chop. Put in a preserving kettle and add cucumbers chopped, cabbage chopped, cauliflowers separated into flowerets, and chopped peppers (from which seeds have been removed). Add boiling water to just cover vegetables and salt. Bring to the boiling-point and let simmer until vegetables are tender; then drain. Pour over Dutch Dressing and let simmer fifteen minutes. Cool and serve in jars.

Dutch Dressing. Mix two cups brown sugar, one cup bread flour, one-third cup mustard, one and one-half tablespoons salt, and two and one-half tablespoons turmeric. Add gradually, while stirring constantly, two quarts hot vinegar. Bring to the boiling-point and let boil until mixture thickens.

Pickled Onions

Peel small white onions, cover with brine, allowing one and one-half cups salt to two quarts boiling water, and let stand two days; drain, and cover with more brine; let stand two days, and again drain. Make more brine and heat to boiling-point; put in onions and boil three minutes. Put in jars, interspersing with bits of mace, white peppercorns, cloves, bits of bay leaf, and slices of red pepper. Fill jars to overflow with vinegar scalded with sugar, allowing one cup sugar to one gallon vinegar. Cork while hot.

CHAPTER XL

THE DRYING OF FRUITS AND VEGETABLES

DRYING is one of the simplest and cheapest ways of preserving fruits and vegetables for future use. Food may be dried by the sun or by artificial heat. If dried in the sun, protection from dust must be given, and food must be put under cover in the evening before the dew falls. Spread the prepared fruit or vegetable on frames covered with coarse wire netting or cheesecloth and put in the sun for successive days until the product is sufficiently dried. Artificial drying is quicker and cleaner than sun drying, especially in moderate and cold climates. In drying food by artificial heat use a *patent drier* that will dry the largest amount of food with the smallest expenditure of time and heat.

Preparation of Product. Fruits and vegetables to be dried by either the sun or artificial heat should be thoroughly washed and drained, and have all inedible portions removed. Blanching, with but few exceptions, is not essential if the product is either thinly sliced or cut in small pieces before being placed to dry. Corn is an exception to this rule. It should be blanched on the cob five minutes, cold dipped, and cut from the cob before drying.

On the Drier. Place pieces of fruit or vegetables in rows, close together, one layer deep, on the drying rack. If a patent drier is used, regulate the heat with a thermometer according to the time-table for drying. Turn the product while drying when necessary to keep it from adhering to the pan and make sure that every portion is subjected to heat. Quick drying is preferable to slow drying, but the heat must not be sufficient to cook the product. Remove as soon as dried.

Length of Time for Drying. When done, the product should feel dry on the outside but should be slightly soft inside. It will be pliable in the fingers but it will not be possible to squeeze out water. Nothing should be dried until brittle, for if the product is dried until hard and crisp, it will not soften when wanted for use.

Conditioning. After the products are sufficiently dried, put in glass or pasteboard containers. For four successive days remove contents from container, pouring back and forth between two bowls several times, and then return to container. Moist and dry particles are thus brought into contact with each other, and a more even state of dryness is brought about. Conscientious *conditioning* is essential. If products seem too moist, return them to the racks for another period of drying. Look at the dried products once a week until the danger of mold is passed.

Greens, after being thoroughly washed and drained, should be spread out a leaf at a time. If they are piled up over each other, they will not dry. Turn frequently and remove while pliable, before they are dry enough to crack.

Rules and time-tables for drying serve as guides, but should be varied whenever the condition of fruits or vegetables, or the manner of drying, requires changes.

Table for Drying

Product	*Time for Drying*	*Temperature*
Corn	3–4 hours	110°–145° F
Beans, String, young	2 hours	110°–145° F.
Beans, String, more mature	3 hours	110°–145° F.
Lima Beans	3–3½ hours	110°–145° F.
Peas	1½–2 hours	110°–145° F.
Beets. Boil whole until ¾ done, skin, and cut	2½–3 hours	110°–150° F.
Turnips. Treat same as beets	2½–3 hours	110°–150° F.
Carrots	2½–3 hours	110°–150° F.
Parsnips	2½–3 hours	110°–150° F.
Kohlrabi	2½–3 hours	110°–150° F.
Celeriac	2½–3 hours	110°–150° F.
Salsify	2½–3 hours	110°–150° F.
Onions	2½–3 hours	110°–140° F.
Leeks	2½–3 hours	110°–140° F.
Cabbage	3 hours	110°–145° F.
Spinach		Dry thoroughly
Parsley		Dry thoroughly
Beet Tops		Dry thoroughly
Swiss Chard		Dry thoroughly
Celery		Dry thoroughly
Rhubarb		Dry thoroughly
Cauliflower	2–3 hours	110°–145° F.
Brussels Sprouts. Blanch 6 minutes in boiling water with a pinch of soda	2–3 hours	110°–145° F.

Table for Drying (*Continued*)

Product	*Time for Drying*	*Temperature*
Pumpkins	3–4 hours	110°–140° F.
Squash	3–4 hours	110°–140° F.
Apples	4–6 hours	110°–150° F
Pears	4–6 hours	110°–150° F.
Quinces	4–6 hours	110°–150° F.
Peaches	4–6 hours	110°–150° F.
Plums. Let stand 20 minutes in boiling water	4–6 hours	110°–150° F.
Apricots. Let stand 20 minutes in boiling water	4–6 hours	110°–150° F.
Cherries	2–4 hours	110°–150° F.
Okra. Let stand 3 minutes in boiling water with a pinch of soda	2–3 hours	110°–140° F.
Peppers	Dry thoroughly	110°–140° F.

CHAPTER XLI

SUITABLE COMBINATIONS FOR SERVING

Breakfast Menus

Oranges
Cereal with Sugar and Cream
Breakfast Bacon — Spider Corn Cake
Coffee

Halves of Grape Fruit
Cereal with Sugar and Cream — Eggs à la Buckingham
Coffee

Baked Apples
Cereal with Sugar and Cream — Griddle Cakes, Maple Syrup
Coffee

Cereal with Sugar and Cream
Boiled Eggs — Brown Bread Toast — Doughnuts
Coffee

Cereal with Dates
Fried Sausages — Creamed Potatoes — Queen Muffins
Coffee

Cereal with Sugar and Cream
Strawberry Shortcakes
Coffee

Cereal with Sugar and Cream
Boiled Eggs — Blueberry Muffins
Coffee

Cereal with Sugar and Cream
Broiled Liver — Lyonnaise Potatoes — Rye Muffins
Coffee

Fried Hominy, Maple Syrup — Raised Biscuits
Sliced Peaches
Coffee

Halves of Cantaloupes
Dried Beef in Cream Pop-overs
Coffee

Raspberries Cereal with Sugar and Cream
German Toast
Coffee

Iced Currants Foamy Omelet Sautéed Potatoes
Twin Mountain Muffins
Coffee

Watermelon Slices
Scrambled Eggs Baking Powder Biscuits
Coffee

Blackberries
Cereal with Sugar and Cream
Breakfast Bacon Hashed Brown Potatoes
Buttered Toast
Coffee

Grapes Cereal with Sugar and Cream
Scrambled Eggs with Tomatoes Corn Meal Muffins
Coffee

Cereal with Sugar and Cream
Stewed Prunes Brioche Cakes
Coffee

Baked Apples Cereal with Sugar and Cream
Chickens' Livers Pop-overs
Coffee

Sliced Bananas Cereal with Sugar and Cream
French Omelet Raised Hominy Muffins
Coffee

Oranges
Salt Codfish Hash Golden Corn Cake Coffee

Cereal with Sugar and Cream
Minced Lamb on Toast Crullers
Coffee

Baked Bananas Cereal with Sugar and Cream
Boiled Eggs Brown Bread Cream Toast
Coffee

Halves of Grape Fruit
Breakfast Bacon Creamed Potatoes Graham Gems
Coffee

Oranges Cereal with Sugar and Cream
Dried Beef with Cream Rye Muffins
Coffee

Cereal with Sugar and Cream
Stewed Prunes Dropped Eggs on Toast
Coffee

Halves of Grape Fruit
Cereal with Sugar and Cream
Corned Beef Tomato Toast à la Bradley
Coffee

Luncheon Menus

Grilled Sardines Rolls
Baked Apples with Cream Sponge Cake
Cocoa

Creamed Chicken Baked Potatoes
Parker House Rolls Celery
Grapes and Apples
Tea

Lamb Croquettes
Dressed Lettuce Baking Powder Biscuit
Gingerbread Cheese
Tea

Split Pea Soup Crisp Crackers
Egg Salad Entire Wheat Bread
Sliced Oranges
Cocoa

Cold Sliced Meat Cheese Fondue
Bread and Butter
Sliced Peaches Cookies
Coffee

Broiled Ham Scalloped Potatoes
Brown Bread and Butter
Sliced Pineapple Wafers

Scalloped Oysters Rolls
Dressed Celery
Polish Tartlets Tea

Salmi of Lamb — Olives
Bread and Butter
Cake — Chocolate

Oyster Stew
Oyster Crackers or Dry Toast
Pickles
Coffee Soufflé — Lady Fingers

Scalloped Turkey
Brown Bread Sandwiches
Lettuce Salad — Cheese Straws
Tea

Turban of Fish — Saratoga Potatoes
Warmed over Muffins
Nuts — Crackers — Cheese
Tea

Cream of Tomato Soup — Croûtons
Omelet with Vegetables
Bread and Butter
Bananas — Tea

Salad à la Russe
Graham Bread and Butter
Peach Sauce — Scotch Wafers
Tea

Cold Sliced Tongue
Macaroni and Cheese
Lettuce Salad — Crackers
Wafers — Coffee

Salmon Croquettes — Rolls
Dressed Lettuce
Strawberries and Cream
Tea

Beef Stew with Dumplings
Sliced Oranges — Cake
Tea

Lobster Salad — Rolls
Raspberries and Cream — Wafers
Russian Tea

Cold Sliced Corned Beef
Corn à la Southern
Entire Wheat Bread and Butter
Grapes and Pears
Tea

Dinner Menus

Cream of Celery Soup
Roast Beef Franconia Potatoes Yorkshire Pudding
Macaroni with Cheese Tomato and Lettuce Salad
Chocolate Cream
Café Noir

Tomato Soup
Baked Fish Hollandaise Sauce
Shadow Potatoes Cole Slaw
Fig Pudding
Crackers Cheese Café Noir

Potato Soup
Boiled Fowl Egg Sauce Boiled Rice Mashed Turnips
Celery Vegetable Salad
Bread and Butter Pudding

Macaroni Soup
Fricassee of Lamb Riced Potatoes Stewed Tomatoes
String Bean and Radish Salad
Fruit and Nuts

Duchess Soup
Fried Fillets of Halibut Shredded Potatoes Hot Slaw
Beefsteak Pie
Irish Moss Blanc-Mange with
Vanilla Wafers

Turkish Soup
Lamb Chops French Fried Potatoes Apple Fritters
Beet Greens
Caramel Custard Café Noir

Irish Stew with Dumplings
Fish Croquettes Dinner Rolls Radishes
Custard Soufflé Creamy Sauce
Crackers Cheese

Black Bean Soup
Halibut à la Créole Potatoes en Surprise
Brussels Sprouts
Swiss Pudding Café Noir

Cream of Clam Soup
Fried Chicken Boiled Potatoes
Sliced Tomatoes Shell Beans
Peach Shortcake Crackers and Cheese

Cream of Lima Bean Soup
Roast Duck Mashed Sweet Potatoes
Cauliflower au Gratin
Rice Croquettes with Currant Jelly
Grapes Pears
Crackers Cheese Café Noir

Chicken Soup
Broiled Swordfish Cucumber Sauce
Baked New Potatoes Sugared Beets
Strawberry Cottage Pudding
Iced Coffee

Kornlet Soup
Maryland Chicken Baked Sweet Potatoes
Creamed Cauliflower Cranberry Sauce
Dressed Lettuce Polish Tartlets
Café Noir

Vegetable Soup
Veal Cutlets Horseradish Mashed Potatoes
Cream of Lima Beans Dressed Celery
Cerealine Pudding

St. Germain Soup
Beefsteak with Oyster Blanket Stuffed Potatoes Spinach
Pineapple Pudding Cream Sponge Cake
Café Noir

White Soup
Boiled Salmon Egg Sauce Boiled Potatoes Green Peas
Cucumbers
Strawberries and Cream Cake

Tomato Soup without Stock
Braised Beef Horseradish Sauce Scalloped Potatoes
Squash
Baked Indian Pudding Café Noir

Bisque Soup
Broiled Shad Chartreuse Potatoes Asparagus on Toast
Cucumber and Lettuce Salad
Prune Whip Custard Sauce

Cream of Pea Soup
Boiled Mutton Caper Sauce Mashed Potatoes
Turkish Pilaf
Graham Pudding Fruit and Nuts

Buffet Luncheon Menus

Tomato Bouillon
Crisp Crackers

Olives
Chicken à la King
Glacé Hélène

Salted Pecans
Frosted Ham
Finger Rolls
Cream Sponge Cake
Luncheon Punch

Iced Pimiento Consommé
Macedoine Loaf
Moulded Salmon, Cucumber Sauce
Luncheon Rolls
Coffee
Orange Ice Cream, with Crushed Strawberries
Nut Caramel Cake
Bonbons

Formal Luncheon Menus

Grape Fruit Coupe

Mock Bouillon
Tournadoes of Lamb
Glazed Carrots with Peas

Bread Sticks
Savory Potatoes
Asparagus Salad
Toasted Fromage Rolls

New Year's Bomb
Salted Filberts

Silver Sponge Cakes
Cream Mints

Manhattan Clam Bisque

Toasted Triangles

Windsor Eggs
Broiled Pompano, Cucumber Hollandaise
Luncheon Rolls

Grape Fruit Jelly Salad
Coupe Majestic

Cream Bread Fingers
Macaroons
Ginger Fudge

Menu for New England Thanksgiving Dinner

Oyster Soup

Crisp Crackers
Celery

Roast Stuffed Turkey
Mashed Potatoes

Giblet Gravy
Onions in Cream
Chicken Pie

Cranberry Jelly
Turnips

Thanksgiving Pudding
Mince Pie
Vanilla Ice Cream
Fruit

Sterling Sauce
Squash Pie
Fancy Cakes
Bonbons

Nuts and Raisins
Café Noir

Menu for Christmas Dinner

Oyster Cocktail

Consommé — Bread Sticks

Olives — Celery — Salted Almonds

Roast Goose — Potato Stuffing — Apple Sauce

Duchess Potatoes — Cream of Lima Beans

Chicken Croquettes with Green Peas

Lettuce Cheese Straws

Russian Dressing

English Plum Pudding — Brandy Sauce

Frozen Pudding — Assorted Cake — Bonbons

Café Noir

Sunday Night Supper Menus

Chilaly

Unsweetened Wafer Crackers

Canned Peaches — Mock Angel Cake

Ginger Ale

Bolivia Salad — Celery

Salad Rolls

Frangipan Cream Pie — Pineapple Lemonade

Manhattan Scallops — Lettuce Sandwiches

Lord Baltimore Cake

Russian Tea

Scalloped Scallops — Pepper Relish

Parker House Rolls — Raised Fruit Loaf

Cocoa with Whipped Cream

Epicurean Finnan Haddie — Brown Bread Sandwiches

Moulded Cheese with Bar-le-Duc Strawberries

Wafer Crackers

Moette Punch

CHAPTER XLII

FOOD VALUES

A STUDY of food values is essential for the making of properly balanced menus. A minimum of time devoted to this subject will give one a working knowledge which will prove of inestimable value.

The energy value of foods and the energy requirements of the body are estimated in calories. Requirements of:—

Children

Age	
1– 2 years	900–1200 calories per day
2– 5 years	1200–1500 calories per day
6– 9 years	1400–2000 calories per day
10–13 years	1800–2200 calories per day
14–20 years	2300–5000 calories per day

Adults

Age

20–60 years

When sleeping .4 calorie per pound of body weight per hour

At slight exercise .6 calorie per pound of body weight per hour

Examples: At meals, sewing, reading, writing, etc.

At light exercise 1 calorie per pound of body weight per hour

Examples: Standing and walking.

At active muscular exercise
2 calories per pound of body weight per hour

Examples: General housework, carpentering, tennis, etc.

At severe muscular exercise
3 calories per pound of body weight per hour

Examples: Digging, horseshoeing, football, etc.

60–70 years	10% reduction
70–80 years	20% reduction
80–90 years	30% reduction

How to Determine the Number of Calories Required Daily by an Individual, Using the Above Table

Woman. Age 35. Weight 125

Sleeping	8 hours
Slight exercise:	
At meals, sewing, reading, etc.	8 hours
At light exercise:	
Standing and walking	6 hours
At active muscular exercise:	
General housework	2 hours

8 × .4 calorie = 3.2 calories
8 × .6 calorie = 4.8 calories
6 × 1 calorie = 6 calories
2 × 2 calories = 4 calories

18 calories required per pound of body weight

125 × 18 calories = 2250 calories for day's requirement.

Other calculations show that the needs of a person estimated in calories vary from twenty-two to thirty-five hundred for one day. Of this amount from ten to fifteen per cent (220 to 425 calories) should come from protein foods and .015 iron gram should be furnished.

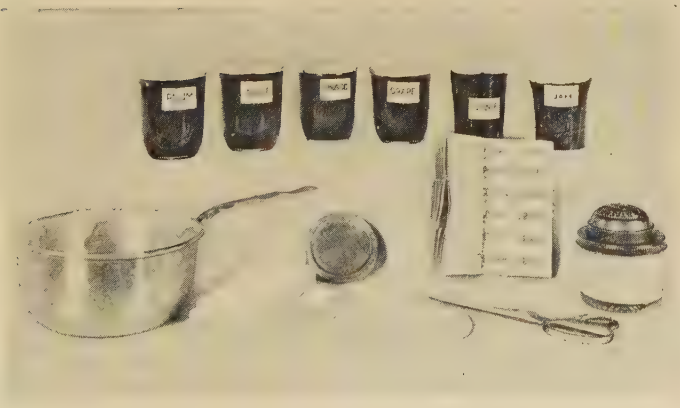
It is not necessary to consider the amount of calcium (of which .7 gram is the daily requirement) if one pint of milk is supplied for each person. An adequate milk supply will furnish also one-third the amount of phosphorus required, making this calculation practically unnecessary.

Foods rich in fats have the highest caloric value, while foods rich in protein, sugar, and starch have greater caloric value than those containing much water.

The following table will enable one to calculate quickly the number of calories, protein calories, and grams of iron supplied by the more common foods. The figures for the most part are given in hundreds and even numbers to facilitate this calculation. They therefore vary slightly from those found in Bulletin 28, Department of Agriculture, but seem, nevertheless, especially well adapted for everyday use, for investigation shows that even the best authorities differ.

"The Laboratory Manual of Dietetics" by Professor Mary Swartz Rose and "Science and Nutrition" by Graham Lusk are valuable books to consult for the further consideration of this important subject.

Utensils necessary for Canning. — *Page 719.*



Marmalades, Jam, and Jellies, with Paraffine to melt for Covering, Paper cut for Covers, Gummed Labels and Library Paste. — *Pages 713 to 718.*

Canned Fruits. — *Page 720.*

Red Peppers being prepared for Canning. — *Page 723.*

TABLE OF FOOD VALUES OF THE MORE COMMON FOODS

Material	*Measure*	*Weight*	*Total Calories*	*Protein Calories*	*Iron Grams*
Almonds	1 cup shelled	4 oz.	700	95	.0021
Apples	2 qts.[1]	3 lbs.	600	16	.0030
Apricots, Dried	3¾ cups (56 halves)	1 lb.	1200	84	
Asparagus	1 can	1 lb. net	80	27	.0038
Fresh	20 large stalks	1 lb.	100	32	.0043
Bacon, Smoked[1]		1 lb.	2600	172	.0052
Bananas	3 large	1 lb.[1]	300	14	.0018
Barley, Pearl	2 cups	1 lb.	1600	154	.0057
Beans, String	1 can	1 lb. 4 oz.	110	24	.0040
	1 qt.[1]	12 oz.	130	28	.0059
Dried	2 cups	1 lb.	1500	408	.0300
Dried Lima	2 cups	1 lb.	1500	328	.0292
Beef, Corned		1 lb.	1200	259	.0093
Dried, Salted, or Smoked		1 lb.	800	544	.0200
Liver[1]		1 lb.	600	350	.0118
Porterhouse Steak[1]		1 lb.	1000	346	.0120
Roast		1 lb.	1550	428	.0155
Round, Lean[1]		1 lb.	650	353	.0130
Rump, Lean[1]		1 lb.	800	346	.0120
Beets	1 pt.	1 lb.	200	23	.0026
Bread, Bakers'	1 loaf	1 lb.	1100	168	.0033
Graham	1 loaf	1 lb.	1100	160	.0143
Bread Crumbs	1 cup	2¾ oz.	200	128	.0006
Butter	1 tbsp.	½ oz.	100		
	2 cups	1 lb.	3400	18	
Cabbage	¼ head[1]	1 lb.	120	25	.0042
Carrot	3 large	1 lb.	150	16	.0024
Cauliflower	1 very small head	11 oz.	100	23	
Celery	1 bunch	1 lb.	60	16	.0016
Cheese, American		1 lb.	2000	522	
Neufchâtel	1 cheese	2½ oz.	225	52	
Cherries, Candied	10 medium	1 oz.	100		
Chicken, Broilers[1]		1 lb.	300	232	
Chocolate, Unsweetened	1 cake	8 oz.	1400	118	
Citron		1 lb.	1400	9	
Clams, Round	1 pt.	1 lb.	200	117	

[1] As purchased.

TABLE OF FOOD VALUES OF THE MORE COMMON FOODS (*Continued*)

Material	*Measure*	*Weight*	*Total Calories*	*Protein Calories*	*Iron Grams*
Cocoa	1 box	½ lb.	1100	195	
Cocoanut, Shredded	1 cup	2½ oz.	500	20	
Corn, Canned	1 can	1 lb. 4 oz.	550	63	.0031
Corn Meal	3 cups	1 lb.	1600	166	.0048
Cornstarch	1 cup	4½ oz.	450	0	
Crackers, Unsweetened		1 lb.	1800	176	.0063
Cranberries	1 qt.	1 lb.	200	7	.0026
Cream, Heavy	½ pt.	8 oz.	800	19	.0008
Thin	½ pt.	8 oz.	440	23	.0004
Cucumbers [1]	2 medium	1 lb.	68	12	
Currants, Dried	2⅜ cup	1 lb.	1400	43	
Dates, Unstoned	1 package [1]	10 oz.	850	21	.008
Egg	1	2 oz.	75	25	.0014
Flour	1 cup	4 oz.	400	50	.0016
Entire Wheat	1 cup	4 oz.	400	62	.0053
Graham	1 cup	5 oz.	500	75	.0066
Fish					
Haddock		1 lb.	160	152	.0016
Halibut Steak		1 lb.	550	337	.0011
Lobsters		1 lb.[1]	140	107	
Oysters, Solid		1 cup	200	100	
Salmon, Canned		1 lb.	660	353	.0026
Fowl [1]		1 lb.	750	248	.0097
Grapes	1¾ cup	1 lb.	328	23	.0042
Ham, Smoked, Medium Fat		1 lb.[1]	1600	248	.0096
Hominy, Raw	1 cup	6 oz.	600	56	
Lamb, Leg, Medium Fat		1 lb.[1]	800	288	.0104
Loin		1 lb.[1]	1200	290	.0120
Shoulder		1 lb.[1]	1200	261	.0096
Chops, Broiled		1 lb.[1]	1400	332	.0126
Leg, Hind-Quarter, Medium Fat		1 lb.[1]	850	288	.0110
Lemons	2 large	11½ oz.	100	9	.0013
Lard	1 cup	8 oz.	2000	0	
Lentils, Dried	2½ cups	1 lb.	1581	466	.0096
Lettuce	1 head	9 oz.	50	12	.0025
Macaroni, Uncooked	1 cup	4 oz.	400	60	

[1] As purchased.

TABLE OF FOOD VALUES OF THE MORE COMMON FOODS (*Continued*)

Material	*Measure*	*Weight*	*Total Calories*	*Protein Calories*	*Iron Grams*
Milk, Skim	1 cup	8½ oz.	80	32	.0050
Whole	1 cup	8½ oz.	170	34	.0005
Molasses, Cane	1 cup	12 oz.	900	33	
Mushrooms	44	1 lb.	200	63	
Oats, Rolled	1 cup	2¾ oz.	300	48	.0027
Oil, Salad or Cooking	1 tbsp.	⅔ oz.	100	0	
Onions	4½ large	1 lb.	200	25	.0022
Orange Juice	1 cup	8 oz.	100	0	
Oranges	1 large	9.5 oz.	100	6	.0006
Peanuts	1 cup shelled	5⅓ oz.	800	156	.0028
Peas, Canned	1 can	1 lb. 4 oz.	300	78	.0045
Dried	1 cup	8 oz.	800	222	.0120
Pecans, Shelled	1 cup	5⅓ oz.	1100	58	
Pineapples	1 can	1 lb. 4 oz.	800	8	.0088
Pork, Loin Chops, Medium Fat		1 lb.[1]	1200	243	.0084
Salt, Fat		1 lb.	3500	34	.0014
Potatoes	4 medium	1 lb.	300	32	.0045
Prunes[1]	46 (2⅔ cups)	1 lb.	1200	32	.0108
Rice	1 cup	8 oz.	800	74	.0024
Raisins	1 cup	5⅓ oz.	500	15	.0050
Rye Meal	1 cup	4⅛ oz.	400	31	
Sausage, Pork		1 lb.	2000	235	.0080
Spinach	1 pk.	3 lbs.	300	105	.0399
Sugar, Confectionery	1 cup	4½ oz.	500	0	
Brown	1 cup	5½ oz.	600	0	
Granulated	1 cup	8 oz.	900	0	
Tapioca (Pearl)	1 cup	6 oz.	600	21	
Tomatoes, Fresh	4 medium[1]	1 lb.	100	16	.0017
Canned	1 qt. can	2 lbs. 1 oz.	200	43	
Tripe		1 lb.	260	212	
Turkey		1 lb.[1]	1000	292	.0110
Turnip	2	1 lb.	150	16	.0019
Veal, Breast, Medium Fat		1 lb.[1]	700	280	.0098
Leg, Medium Fat		1 lb.[1]	600	280	.0114
Liver, Medium Fat		1 lb.[1]	550	344	.0126
Loin, Medium Fat		1 lb.[1]	670	290	.0162
Walnuts	1 cup	4 oz.	800	83	.0023

[1] As purchased.

Cards may be used to keep records of the food values of recipes or meals, ruled and made out as follows:

Recipe or Meal

Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams

HOW TO ESTIMATE THE FOOD VALUE OF A RECIPE

Illustration. Baking Powder Biscuits

First enter the list of ingredients with the amount of each required. Consult Table of Food Values for the protein, iron grams, and total calories, and enter in their respective columns.

Recipe or Meal *Baking Powder Biscuit*

Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Flour	2 cups		800	100	.0030
Lard	1 tbsp.		125		
Butter . . .	1 tbsp.		100		
Milk	½ cup		85	17	.00025
Totals . .			1110	117	.00325

HOW TO ESTIMATE THE FOOD VALUE OF A MEAL

Illustration. Breakfast for Four

First enter the list of food to be served with the amount of each required. Consult Table of Food Values for the protein, iron grams, and total calories and enter in their respective columns.

Recipe or Meal — *Breakfast for Four*

Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Oranges	4 (large)	38 oz.	400	28	.0024
Hominy	¾ cup	4½ oz.	450	42	
Baking Powder Biscuits	see recipe card		1110	125	.00325
Sugar	¼ cup	2 oz.	225		
Whole Milk	2 cups		349	68	.0010
Butter	2 tbsps.	1 oz.	200		
Totals			2725	263	.00665

HOW TO ESTIMATE THE FOOD VALUE OF A DAY'S RATIONS

Calculate lunch and dinner same as breakfast, entering on cards as follows:

Recipe or Menu — *Lunch or Supper*

Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Macaroni		¼ lb.	400	60	
Cheese		2 oz.	150	65	
White Sauce I	2 cups	p. 318	815	77	.0013
Golden Corn Cake Recipe		p. 75	1470	162	.0057
Butter		2 oz.	400		
Lettuce	½ head		25	6	.00125
Oil	2 tbsps.		200		
Bananas	3	1 lb.	300	14	.0018
Cream	¼ pt.		220	11	.0002
Totals			3980	395	.00965

Recipe or Menu			*Dinner*		
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Beef Rump, Lean		1 lb.	800	346	.0120
Potatoes . . .	4	1 lb.	300	32	.0045
Spinach	½ pk.		150	52	.0199
Norwegian Prune Pudding . . .	p. 516		1650	16	.0054
Cream	¼ pt.		220	11	.0002
Bread	½ loaf	½ lb.	550	84	.00165
Butter		1 oz.	200		
Totals . . .			3870	541	.04365

Enter meals as follows:

Recipe or Menu		*Day's Ration for Four*			
Material	Measure	Weight	Total Calories	Protein Calories	Iron Grams
Breakfast . . .			2725	263	.00665
Lunch or Supper .			3980	395	.00965
Dinner			3870	541	.04365
Totals . . .			10,575	1199	.05995
Required . .			10,000 to 12,000	1,000 to 5,000	.06

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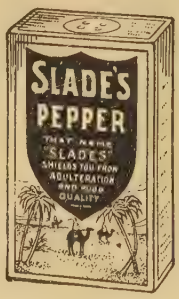

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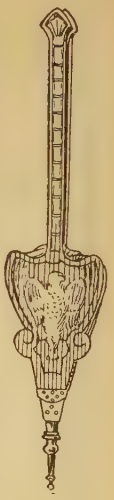

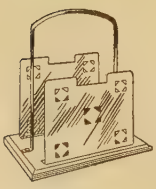

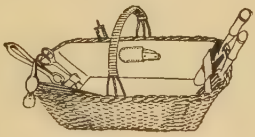

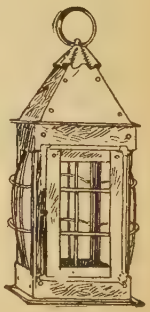

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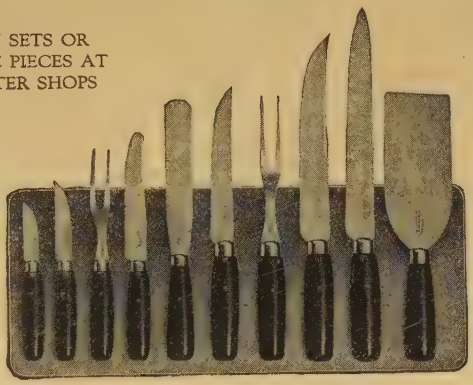

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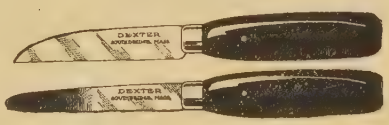

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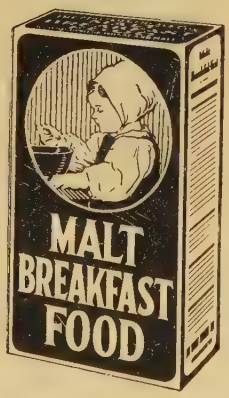

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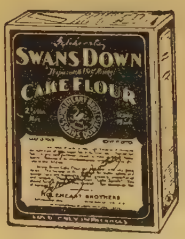

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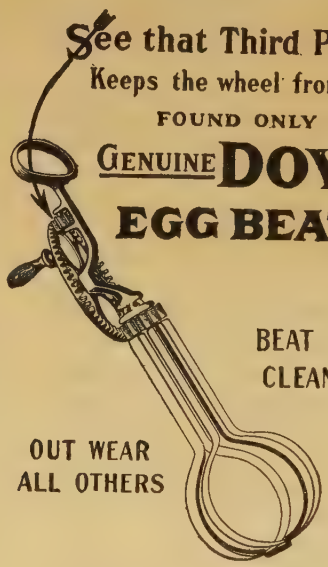

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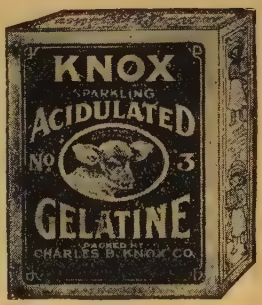

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